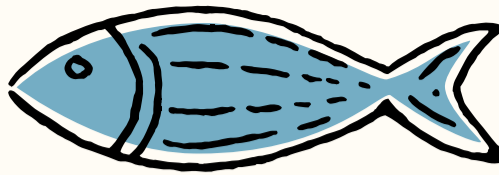


# Fishy • Fishy



All our fish is sustainably caught using registered boats. The boats, based in Newhaven, Brighton and Shoreham use line, tidal nets and rod and hook to catch their fish within sustainably set quotas and delivered fresh each morning.

## Bread & Dips

<b>Bread Basket</b>	<b>£2.50</b>
<b>Olives</b>	<b>£2.00</b>
<b>Hummous &amp; Taramasalata</b>	<b>£3.00</b>

Freshly made to our own recipe with warmed pitta.

## Soups & Winter Warmers

<b>Veggie Soup (V)</b>	<b>£3.95</b>
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Freshly made homemade soup served with bread.

<b>Clam Chowder</b>	<b>£7.50 / £14.50</b>
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A warming potato, sweetcorn and bacon chowder with clams. Served with bread.

<b>Brightonbaisse</b>	<b>£7.50 / £14.50</b>
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Our take on the classic stew with local fillets of seasonal fish and seafood. Served with toasted bread.

## Oysters

<b>Channel Rock Oysters</b>	<b>£1.00 each</b>
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Served on a bed of crushed ice with wedges of lemon and freshly made shallot vinegar. If you like them with anything else just ask.

*We will always have guest oysters and natives when in season.*

## Starters & Fish Bites

<b>Smoked Salmon with Rye Bread &amp; Horseradish Sour Cream</b>	<b>£7.50</b>
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Traditional oak smoked salmon from Springs just over the Downs. Served with rye bread & fresh horseradish sour cream.

<b>Garlic and Herb Shell On Prawns</b>	<b>£6.95</b>
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Sustainably caught Atlantic Prawns served with bread. Expect sticky fingers.

<b>Channel Scallops with Chilli &amp; Chorizo</b>	<b>£7.95</b>
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Locally caught scallops with fresh chilli and chorizo served with dressed rocket.

<b>Channel Scallops with Red Pepper and Coriander Salsa</b>	<b>£7.95</b>
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Locally caught scallops, pan-fried and finished with a red pepper and coriander salsa.

<b>Local Calamari, Deep-Fried with Lemon Crème Fraîche</b>	<b>£5.95</b>
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Our own calamari rings deep fried for a crispy coating served with lemon crème fraiche.

<b>Local Squid Stir-Fried with a Teriyaki Glaze</b>	<b>£6.25</b>
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Local squid stir-fried with ginger, garlic, chilli, spring onion and finished with teriyaki sauce.

<b>Sussex Smoked Trout Pâté</b>	<b>£5.50</b>
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Locally smoked trout mixed with fresh herbs & seasoning, served with toasted bread.

<b>Pan-Fried Fillet of Red Mullet with a Mango and Chilli Salsa</b>	<b>£6.95</b>
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Pan-fried fillet of Channel caught red mullet with a fresh mango and chilli salsa.

<b>Goat's Cheese on a Toasted Crumpet (V)</b>	<b>£5.50</b>
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A toasted crumpet topped with warmed goat's cheese drizzled with some honey.

## Salads

<b>Roasted Root Vegetable Salad (V)</b>	<b>£8.50</b>
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A mixture of seasonal root vegetables roasted in olive oil and balsamic vinegar and served on dressed leaves.

## Sides

<b>Skinny chips</b>	<b>£2.00</b>	<b>Mixed Roast Veg</b>	<b>£2.50</b>
<b>Mash</b>	<b>£2.00</b>	<b>Mixed salad</b>	<b>£2.00</b>
<b>Hand-cut chips</b>	<b>£2.50</b>	<b>Onion and tomato salad</b>	<b>£2.00</b>
<b>Roasted Squash</b>	<b>£2.50</b>	<b>Mushy peas</b>	<b>£2.00</b>

## Shellfish

Local Lobster is not in season during the winter months, they head off into deep water. As we don't want to serve imported Canadian ones they won't be back on the menu until early Summer.

<b>Spicy Channel Crab</b>	<b>£12.50</b>
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Pot caught local crab, cracked and wok fried with chilli, garlic, ginger, spring onion and white wine. Boiled together and rebuilt in a bowl served with fries let us know how spicy you like it.

<b>Boiled Channel Crab</b>	<b>£12.50</b>
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Local crab freshly cooked each morning, served cold with mixed leaves, garlic mayo and marie rose.

<b>Mussels Served Three Ways</b>	<b>£5.50 / £10.50</b>
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Rope grown mussels served with fresh bread.

**Marinere**  
The classic with shallots, garlic, thyme, white wine, butter and parsley.

**Thai Style**  
A perfect winter warmer with ginger, garlic, chilli, lemongrass, shallot and finished with coconut milk and fresh coriander.

**Guinness**  
Cooked with Guinness & shallots, you'll be surprised.

## Mains

<b>Fishy Fishy Fish &amp; Chips</b>	<b>£9.95</b>
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Two fillets of best seasonal fish deep fried in our own recipe beer batter. Served with mushy peas, home-made tartare sauce and fries.

<b>Pan Fried Supreme of Cod with Coriander Puy Lentils</b>	<b>£15.50</b>
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When landed, fresh fillet of cod from the Catherine Ann out of Shoreham Harbour. Caught sustainably using gill nets. Served with a coriander puy lentil broth.

<b>Skate Wing, Oven Baked with Brown Butter and Capers</b>	<b>£14.50</b>
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Oven baked Skate wing served with a butter and Lilliput caper sauce. We only use sustainable Blonde or Razor-back Rays.

<b>Lemon Sole, Stuffed with Home-made Ratatouille</b>	<b>£17.50</b>
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Netted not trawled Soles opened up and filled to the brim with a smoked paprika ratatouille and baked in the oven served with curly kale.

<b>Fishy Fishy Fish Cakes</b>	<b>£10.50</b>
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Two of our own recipe smoked mackerel fish cakes served with with Hollandaise sauce on a bed of dressed rocket.

<b>Crab, Chilli and Basil Linguini</b>	<b>£9.95</b>
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Freshly picked white crab meat, chilli, white wine mixed together with freshly cooked linguini and basil - let us know how hot you want it.

<b>Black Peppered Brill</b>	<b>£15.95</b>
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Freshly caught Brill rolled in black pepper and served with mash, wholegrain mustard and chervil cream sauce with a parma ham crisp.

<b>Fishy Fishy Fish Pie</b>	<b>£9.95</b>
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A freshly made mixture of local, seasonal white fish, egg and vegetables cooked to our own recipe. Served traditionally with a pastry lid.

<b>Pan Fried Fillets of Plaice</b>	<b>£13.50</b>
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Fillets of Channel plaice with roasted butternut squash, curly kale and a light curry sauce.

<b>Sussex Rib Eye Steak, Hand-Cut Chips, vine Cherry Tomatoes and Béarnaise Sauce</b>	<b>£16.50</b>
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A superb 10 oz aged rib eye steak served with hand-cut chips, grilled cherry tomatoes and a béarnaise sauce. We appreciate sometimes you just want a tasty steak.

<b>Free-range Chicken Breast</b>	<b>£13.50</b>
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Free-range chicken oven roasted and served with a sun dried tomato mash and black olive tapenade.

<b>Curly Kale and Potato cake (V)</b>	<b>£8.95</b>
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A mixture of curly kale and potato along with herbs and spices pan fried and finished in the oven served with crème fraiche.

<b>Butternut Squash Rissoto (V)</b>	<b>£10.50</b>
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Roasted butternut squash and caraway topped with Twineham Grange Cheese.

V suitable for vegetarians. N this contains nuts. If you have any food allergies or intolerance please inform us.

Consuming raw or cooked shellfish may increase your risk of food-borne illness. All prices include VAT at 15% - Service is optional but a 10% service charge will be added to parties of 8 or more.