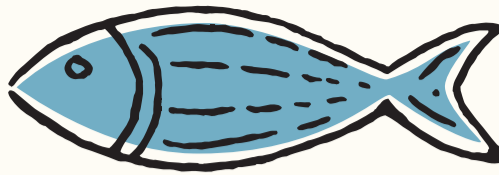


Fishy • Fishy



Bread & Dips

Crusty French Bread	£2.50
Freshly baked each day by a local artisan baker. Ask if you would like olive oil and balsamic.	
Homemade Hummous & Taramasalata	£3.00
Freshly made to our own recipe with warmed pitta.	
Olives	£2.00

Shellfish

Rock Oysters **3: £3.00 6: £6.00 12: £12.00**

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.

Boiled Channel Crab **£12.50**

Locally caught brown crab cooked on the premises, cracked and served whole with mixed leaves, garlic mayo and marie rose.

Boiled local Lobster **½ £15.50 / £30.00**

Local lobster cooked on the premises, cracked and served with dressed mixed leaves, garlic mayo and marie rose.

Grilled local Lobster **£30.00**

Local lobster split and grilled with garlic and herb butter served with fries.

Rope-grown Mussels served with French Bread **£5.75 / £10.50**

Marinière

Cooked with shallot, garlic, thyme, white wine, butter and parsley.

Thai Style

Cooked with ginger, garlic, chilli, lemongrass, shallot and finished with coconut milk and fresh coriander.

Provençale

Cooked with shallot, garlic, rosemary, white wine and finished with butter, tomato and parsley.

Starters

Veggie Soup (V)*	£3.95
Freshly made seasonal soup served with sliced baguette.	
Brightonbaisse	£7.50 / £14.50
Our take on the classic stew with fillets of seasonal fish and seafood. Served with toasted bread.	
Locally smoked platter	£8.50
Traditionally oak smoked salmon, smoked trout and smoked mackerel all from springs just over the downs, served with pickled beetroot, horseradish crème fraiche and fresh bread.	
Shell on Sustainable Prawns	£6.95
North Atlantic prawns served with our own marie rose sauce. We occasionally get channel prawns in late summer but these are the best alternative.	
Local fresh Calamari	£5.95
Channel squid rings deep fried for a crispy coating and served with a red pepper crème fraiche.	
Chargrilled Squid with Tomato & Chilli Jam	£6.50
Channel caught squid chargrilled and served with a homemade tomato and chilli jam and dressed salad garnish.	
Homemade Smoked Mackerel Pâté with toasted Bread	£6.25
Locally smoked mackerel pâté made to our own recipe, potted, topped with clarified butter and served with toasted bread.	
Pan-Fried fillet of Gurnard with a sweet Citrus Salad	£6.50
A pan-fried fillet of local gurnard, served with sweet citrus salad.	
Grilled fillet of Brill with a Ginger & Chickpea Salad	£6.95
A fillet of brill, served with a ginger, bean sprout and chickpea salad.	
Goat's Cheese on a toasted Crumpet (V)*	£5.75
A toasted crumpet topped with goat's cheese and drizzled with sweet chilli sauce.	

Catch of the Day

Ask your waiter for today's catch

Whole, filleted, grilled or roasted. Just tell us how you like it.

All our fish are caught and landed locally unless otherwise indicated.

Mains

Fishy Fishy Fish & Chips	9.95
Two fillets of seasonal fish deep-fried in our own recipe beer batter, served with minted, mushy peas and homemade tartare sauce and skinny fries. A fishy fishy classic.	
Rope-grown Mussel, Roasted Garlic, Chilli & Tomato Pasta	£10.50
Mussels cooked in a roasted garlic and tomato sauce with rigatoni pasta tossed in a tomato and chilli sauce and finished with toasted French bread and fresh basil.	
Oven baked Tranche of local Turbot with braised Peas, Bacon & baby Onions	£16.50
Oven baked turbot served on a bed of slow braised shelled peas, with smoked bacon and baby onions.	
Skate Wing oven baked with brown Butter & Capers	£14.75
Oven baked skate wing served with brown butter and lilliput caper. We only use sustainable blonde or thorn back rays.	
Whole BBQ Mackerel with New Potatoes	£13.50
Whole BBQ Channel mackerel brushed with a sticky BBQ sauce and served with boiled new potatoes, a firm favourite of Dermot's. Let us know if you would prefer the sauce on the side.	
Fishy Fishy Fish Burger & Fries	9.95
Our very own chargrilled fish burger made from pollock, herbs, cornichons and lilliput capers and served in toasted ciabatta bread with salad and homemade tartare sauce.	
Whole baked Lemon Sole with a Lemon, Herb & Parmesan crust	£17.95
Whole local lemon sole oven baked with a lemon, herb and parmesan crust garnished with a lightly dressed salad.	
Channel Sea Bass with Summer Herbs & Lime	£18.50
Local sea bass rubbed with Summer herbs, marjoram, parsley, basil, dill and oregano, pan-fried with fresh limes and served with dressed salad.	
Seasonal Channel Fish & Prawn Curry with Cardamom Rice	£12.50
A selection of locally caught seasonal diced fish and prawns cooked in a light and fragrant green curry sauce and served with cardamom infused rice and a grilled poppadom.	
Sussex Rib eye Steak, Fries and a Tarragon Butter	£17.50
A 10 oz rib eye steak chargrilled and served with fries, green beans and a tarragon butter. We appreciate that sometimes you might want a nice steak.	
Free range Chicken Breast	£13.75
Free range chicken breast, oven roasted with garlic and rosemary served with seasonal veg and new potatoes.	
Grilled Artichoke & sun blushed Tomato Rigatoni Pasta (V)*	£8.75
Chargrilled artichoke and sun blushed tomatoes tossed together with rigatoni pasta and topped with fresh basil.	
Hot smoked Mackerel & grilled Artichoke Salad with a Chilli, Lemon dressing	£9.50
New potatoes, beetroot, spring onions and hot smoked mackerel mixed with salad and drizzled with a chilli and lemon dressing.	
Summer Vegetable & Mint Risotto (V)*	£10.50
A light fresh risotto made with summer greens and mint with a light citrus undertone.	

Sides

Skinny Chips	£2.00	Chickpea, Bean Sprout and Ginger Salad	£3.00
Mushy Peas	£2.00	Mixed Salad	£2.50
Tomato and Onion Salad	£2.25	New Potatoes	£2.25
Buttered Green Beans	£2.25		