DISHES	Vegetarians	Vegan Friendly	GF Friendly	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
We're proud to freshly prepare our food in our kitchens ever our team regarding any allergies or food intolerances you m						anaged but not to	an allergen-free	level. Therefore	we can't guaran	ntee any of our f	ood is suitable fo	or those with alle	rgies due to the	risk of cross con	tact. Please ensu	re you speak wit	th a member of
Nibbles																	
Olives	Υ	Y															
Ham Croquetes					~					<b>~</b>							
Whitebait					<b>~</b>			<b>✓</b>									
Goats Cheese Croquettes					~				<b>✓</b>	<b>~</b>						<b>✓</b>	
Baked focaccia	Υ		GF Bread		$\checkmark$												$\checkmark$
Pitta & harissa hummus	Υ	No Egg Wash	GF Bread		<b>~</b>		<b>✓</b>								<b>~</b>		
Chorizo, honey glazed										<b>~</b>						<b>~</b>	
Pulled lamb flat bread					~					<b>~</b>					<b>~</b>		<b>~</b>
Cured meats					$\checkmark$		$\checkmark$			<b>~</b>							<b>~</b>
Wood fired camembert	Υ				<b>~</b>					<b>~</b>							$\checkmark$
Roasted vegetables	Y	Υ	GF Bread		$\checkmark$										<b>~</b>		<b>~</b>
Starters																	
Mushrooms on toast	Υ		GF Bread		~		<b>~</b>			~							~
Panko Brie	Y				~					<b>~</b>		~					~
Prawns With Chilli & Garlic					<b>~</b>	✓				<b>~</b>							<b>~</b>
Lobster Bisque					<b>✓</b>	ightharpoons		<b>~</b>		<b>~</b>	<b>~</b>						
Fritto Misto					<u>~</u>	<b>~</b>	<b>~</b>	<b>~</b>			<b>~</b>						
Crispy duck bao bun					<b>✓</b>										ightharpoons	<b>~</b>	<b>~</b>
Tempura sole fish tacos					~		<b>~</b>	<b>~</b>			<b>~</b>						
Salads																	
Chicken caesar			GF Bread		~		<b>~</b>	<b>~</b>		<b>✓</b>							
Goats Cheese Salad	Υ				<b>✓</b>					<b>✓</b>							<b>~</b>
Burrata mozzarella	Υ									<b>✓</b>							
Main Course																	
Duck Breast										<b>✓</b>							<b>~</b>

DISHES	Vegetarians	Vegan Friendly	GF Friendly	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluses	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
We're proud to freshly prepare our food in our kitchens eve our team regarding any allergies or food intolerances you						naged but not to a	ın allergen-free	level. Therefore	we can't guaran	tee any of our f	ood is suitable fo	r those with aller	rgies due to the	risk of cross con	tact. Please ensu	re you speak wi	th a member of
Fishcakes					<b>~</b>		$\checkmark$	$\checkmark$		<b>~</b>							
Fish & Chips					<b>~</b>			<b>~</b>		$\checkmark$							
Beef Bourguignon				<b>~</b>						<b>~</b>							<b>~</b>
Wild Mushroom Pie	Υ				<b>✓</b>					<b>~</b>			<b>~</b>				
Beetroot & Goats Cheese Tortelloni					<b>✓</b>		<b>~</b>			<b>~</b>			<b>~</b>				
Seafood Linguine					<b>✓</b>	ightharpoons	<b>✓</b>	<b>~</b>			<b>~</b>						<b>~</b>
Chicken Supreme										<b>✓</b>							
Whole fish								<b>~</b>		<b>~</b>							
The Grill																	
Sirloin Steak										$\checkmark$							
Cote de Boeuf										$\checkmark$							
Cheese Burger					<b>~</b>		$\checkmark$			$\checkmark$					<b>~</b>		<b>~</b>
Halloumi Burger					✓		<b>~</b>			<b>✓</b>					<b>~</b>		
Mushroom Sauce										<b>~</b>							<b>~</b>
Peppercorn Sauce	Υ									<b>~</b>							<b>~</b>
Woodfired pizzas																	
Fior di Latte	Y	Vegan Cheese option			✓					<b>~</b>							
Parma Ham					<b>~</b>					<b>~</b>							<b>~</b>
Pepperoni					<b>~</b>					<b>✓</b>							
King Prawn					$\checkmark$	$\checkmark$				$\checkmark$							
Goats Cheese	Y				$\checkmark$					$\checkmark$							$\checkmark$
Crispy Duck					<b>~</b>					$\checkmark$					<b>~</b>	$\checkmark$	<b>~</b>
Nduja, Salami					<b>~</b>					<b>✓</b>							
Portobello Mushroom	Υ	No Dolcelatte Vegan Cheese option			<b>~</b>					<b>✓</b>							<b>~</b>
Tuna					$\checkmark$			<b>~</b>		$\checkmark$						$\checkmark$	

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We're proud to freshly prepare our food in our kitchens eve our team regarding any allergies or food intolerances you						naged but not to a	an allergen-fre	e level. Therefore	we can't guaran	itee any of our f	food is suitable fo	or those with alle	rgies due to the	risk of cross con	tact. Please ensu	ıre you speak wi	th a member of
Frites	Y																
Truffle & parmesan frites	Y									<b>~</b>							
New potatoes	Y																
Green beans, almonds	Y	no dairy oil instead								<b>~</b>			<b>~</b>				
Fennel, rocket, parmesan	Y									<b>~</b>							~
Tomato, red onion, shallots	Υ																
Market leaves, pesto, parmesan	Y									<b>✓</b>							$\checkmark$
Fried onion rings	Y				<b>~</b>					<b>✓</b>						<b>✓</b>	
Pudding																	
Tart Au Citron	Y				<b>✓</b>		$\checkmark$			<b>✓</b>			<b>~</b>				
Sticky Toffee	Y				<b>~</b>		$\checkmark$			<b>✓</b>							
Vegan Sticky Toffee	Y	Υ			<b>~</b>											<b>~</b>	
Tiramisu	Y				<b>✓</b>		<b>~</b>			<b>✓</b>							
Chocolate brownie	Y															$\checkmark$	
House gelato	Y									$\checkmark$							
Vanilla Ice Cream	Y									$\checkmark$							
Salted Caramel	Y									<b>✓</b>							
Espresso Ice Cream	Y									<b>~</b>							
Amaretti & Cherry Ice Cream	Y						<b>✓</b>			<b>✓</b>							
Caramel Blscuit Ice Cream	Y				<b>✓</b>					<b>✓</b>							
Blood Orange Sorbet	Y	Y															
Artisan cheese and biscuits	Y				<b>~</b>					<b>~</b>					~		<b>~</b>
Jude's Ice Cream Pots	Y						~			<b>✓</b>							
Children																	
Cheese Burger					~		$\checkmark$			<b>~</b>					~		
Cod Goujons					~		<b>~</b>	<b>~</b>				<b>✓</b>					

DISHES	Vegetarians	Vegan Friendly	GF Friendly	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluses	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
	We're proud to freshly prepare our food in our kitchens every day but as we use many ingredients and shared equipment, cross contact is managed but not to an allergen-free level. Therefore we can't guarantee any of our food is suitable for those with allergies due to the risk of cross contact. Please ensure you speak with a member our team regarding any allergies or food intolerances you may have and we will do out utmost to ensure we cater for your requirements.															th a member of	
Caesar Salad	Υ				<b>~</b>		$\checkmark$			$\checkmark$							
Moules Frites						<b>~</b>				<u>~</u>	$\checkmark$						$\checkmark$
Margherita Pizza	Υ	Vegan Cheese option			<b>~</b>					<b>~</b>							
Pepperoni Pizza					<b>~</b>					<b>~</b>							
Ham & Mushroom Pizza					<b>~</b>					<b>~</b>							~
Breakfast																	
The Coast full English					~		<b>~</b>			~							~
Hash browns	Υ		Υ														
Veggie breakfast	Υ	No egg or butter			<b>~</b>		<b>~</b>			<b>~</b>							
Halloumi, avocado, toast	Υ				<b>~</b>					$\checkmark$							
Bacon & egg muffin					<b>~</b>		<b>✓</b>										
Sausage muffin					<b>~</b>												<b>~</b>
Baked Beans on Toast	Y	No Butter			<b>~</b>					<b>~</b>							
Eggs on toast	Υ				<b>~</b>		<b>~</b>			<b>~</b>							
Avocado, eggs, toast	Υ				<b>~</b>		<b>✓</b>			<b>~</b>							
Smoked salmon, eggs, toast					<b>~</b>		$\checkmark$	<b>~</b>		$\checkmark$							
Eggs Florentine, spinach	Y				<b>~</b>		<b>~</b>			$\checkmark$							
Eggs Benedict, ham					<b>~</b>		<b>~</b>			<b>~</b>							
Eggs Royale, smoked salmon					<b>~</b>		<b>✓</b>	<b>~</b>		<b>~</b>							
Eggs Popeye, smoked salmon, spinach					<b>~</b>		<b>✓</b>	<b>✓</b>		<b>~</b>							
Granola, yogurt, honey	Υ				<b>~</b>					$\checkmark$					<b>✓</b>		ightharpoons
Berries, Yogurt, honey	Υ									<b>~</b>							
Toast, butter, jam	Υ		GF bread		<b>~</b>					~							
Croissant, butter, jam	Υ				<b>~</b>		<b>~</b>			~			~			<b>~</b>	
Handmade cake (Please ask for specific cake)	Υ				<b>~</b>		<b>~</b>			~			~	<b>~</b>	<b>~</b>	~	~
Smoothies																	

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Green smoothie	Y	Υ															
Tropical smoothie	Y	Y															
Berry smoothie	Y	Y															
Sunday Roast																	
Roast Sirloin of Beef					<b>✓</b>		<b>✓</b>			<b>✓</b>							$\overline{\mathbf{Z}}$
Jewelled Nut Roast	Υ				~		<b>~</b>			<b>✓</b>			<b>✓</b>				<b>~</b>
Specials																	
Rock Oysters											<b>~</b>						<b>~</b>
Pan Seared Scallops										<b>✓</b>	<b>✓</b>						$\checkmark$
Chicken Liver Parfait					<b>~</b>					<b>✓</b>							
Sweet Potato Soup	Υ	No Butter			~					<b>✓</b>						<b>~</b>	
Carrot, Red Lentil & Coriander Soup	Υ				<b>~</b>					<b>✓</b>							
Vegtable Gyozas		Y			~										<b>~</b>	<b>~</b>	
Whole Sea Bream								$\checkmark$		<b>✓</b>							
Lobster						<b>~</b>				<b>~</b>							
Fillet Steak							$\checkmark$			<b>~</b>							~
Rack Of Lamb										<b>~</b>							
Pork Loin							$\checkmark$			<b>~</b>		<b>~</b>					
Seafood Chowder					$\checkmark$	<b>~</b>		<b>~</b>			<b>~</b>						ightharpoons
Spinach & Goats Cheese Pie	Y				~		$\checkmark$			<b>~</b>							
Surf and Turf						<b>~</b>				$\checkmark$							