

SHELLFISH

PRAWNS 100g 9.50 642 kcal
with Marie Rose sauce, sourdough bread and butter

TIGER PRAWNS (6) 12.50 665 kcal
with mustard mayonnaise

CRAYFISH TAILS 80g 9.00 402 kcal
with sourdough bread and butter

CREVETTES & MUSSELS 50g 18.00 900 kcal
Crevettes (6) Mussels (20) with mustard mayonnaise

SEAFOOD MEDLEY 310g 21.50 471 kcal
Cockles, crayfish tails, shell on prawns, Marie Rose sauce

CRAB & LOBSTER

All served with mustard mayonnaise and a lettuce and fines herbes salad

WHITE CRAB MEAT 80g 17.00 510 kcal

MIXED CRAB MEAT 80g 16.00 457 kcal

CRAB SANDWICH 15.00 668 kcal
with white crab meat, mustard mayonnaise, chilli, parsley, butter and lemon on brown bread

HALF OR WHOLE LOBSTER 8.00 per 100g 793 kcal
with mayonnaise and fines herbes

FISH

SMOKED SALMON 90g 15.95 639 kcal
with sourdough bread and horseradish cream

SMOKED MACKEREL PÂTÉ 105g 10.95 706 kcal
with sourdough bread and horseradish cream

SHARING PLATES

OYSTERS & FIZZ 50.00 218 kcal
Six oysters served with two glasses of Rick's Champagne

SEAFOOD PLATTER 37.50 1381 kcal
four oysters, Atlantic shell on prawns, mussels, Rick Stein's smoked salmon and four crevettes. Served with mustard mayonnaise and horseradish cream.

OYSTERS

DORSET OYSTERS 36 kcal each
Served with shallot vinegar
9.00 (2) | 16.00 (4) | 24.00 (6)

SASHIMI

TUNA, SALMON AND SCALLOP 21.95 125 kcal
With mouli, wasabi and soy sauce

MAKI

All served with soy sauce and picked ginger

SALMON & AVOCADO (4) 8.00 307 kcal

TUNA & CUCUMBER (4) 8.00 272 kcal

CRAB MAYO & SPRING ONION (4) 8.50 326 kcal

AVOCADO & CUCUMBER (4) 6.50 267 kcal

NIGIRI

All served with soy sauce and pickled ginger

TUNA (3) 8.50 341 kcal

SALMON (3) 8.00 396 kcal

SCALLOP (3) 9.00 343 kcal

HOT DISHES

SCALLOPS IN THE HALF SHELL 15.95 406 kcal
with hazelnut and coriander butter

MOULES MARINIÈRE 13.95 837 kcal
with sourdough bread

FISH SOUP 12.95 451 kcal
with garlic croutons

SIDES & SALADS

LETTUCE & FINES HERBES SALAD 3.50 259 kcal

SOURDOUGH BREAD & BUTTER 4.95 687 kcal

AIOLI 2.00 406 kcal

MUSTARD MAYONNAISE 12.00 369 kcal

DESSERTS

CONISH VANILLA ICE CREAM 2.50 per scoop
192 kcal

RASPBERRY SORBET 2.50 per scoop 103 kcal

CHOCOLATE BROWNIE 4.50 504 kcal per 100g

SEAFOOD BAR & FISHMONGERS

Please ask for information on allergens. | Adults need around 2000 kcal a day.