

RICK STEIN

FISH & CHIPS

TAKEAWAY MENU

FISH & CHIPS

Battered or grilled, served with chips

"The heart of a British seafood restaurant should be great fish and chips. When done properly with excellent fish cooked in a crisp batter in beef dripping plus thick chips which have never been near a freezer, it is one of the greatest dishes of the world." - Rick

Forgotten fish	an unsung species, changes daily	11	Hake	1696 kcal 1347 kcal	14
Whiting	1125 kcal 657 kcal	12	Lemon sole	1474 kcal 1188 kcal	15
Haddock	1696 kcal 1348 kcal	17	Cod	1696 kcal 1349 kcal	19

Gluten free? We have a batter available with no gluten containing ingredients, please ask our team.

FAMILY FEAST

A sharing platter perfect for the family. *Plenty for four* 45

Breaded lemon sole goujons, fish bites, scampi, halloumi saganaki, chips, onion rings, spinach and watercress salad with a soy dressing, mayonnaise, tartare sauce and gravy. 8266 kcal

SIDES

Bread roll	80 kcal	1.50
Chips	578 kcal	3.50
Onion rings	126 kcal	4
Mixed leaf salad	20 kcal	4
Spinach and watercress salad	20 kcal	5
Chip butty	402 kcal	5
Cheesy chips	990 kcal	6.50

SAUCES

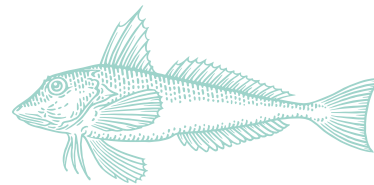
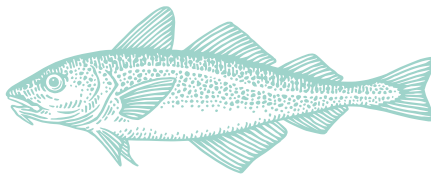
made in Padstow

Tartare	250 kcal	1.50
Gravy	34 kcal	1.50
Mayonnaise	180 kcal	1.50
Aioli	300 kcal	1.50
Mushy peas	246 kcal	2.50
Goan curry	120 kcal	2.50

Ask for scraps on us

Our fish and chips are cooked in beef dripping, please ask for our vegetarian & gluten free options. Please ask if you need any information on allergens.

Adults need around 2000 kcal a day.



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TAKEAWAY MENU

Halloumi saganaki	drizzled with honey 1003 kcal	6
Cornish pork sausages	battered or unbattered 1216 995 kcal	7
Fish taco	pica de gallo and chipotle crema 477 kcal	8
Salt and pepper prawns	360 kcal	9
Halloumi burger	chipotle chilli relish 1014 kcal	9
Scallops	battered or grilled 352 kcal 43 kcal	11
Scampi	2383 kcal	11
Cheese burger	chipotle chilli relish 589 kcal	11
Fish chilli burger	chipotle mayonnaise 1096 kcal	11
	Jack Stein's	
	Fish finger sandwich	869 kcal 11
	Singapore chilli crab burger	in tempura 1122 kcal 13

Add: Chips

3.50

CURRIES with basmati rice

Vegetarian chickpea curry 240 kcal 10

Goan chicken curry 467 kcal 12

Add: Chapati 120 kcal 2

Poppadom 36 kcal 2

Mango chutney 75 kcal 2

KIDS AND SMALLER APPETITES

all 8.50

Scampi and chips 340 kcal

Fish and chips

battered or grilled 912 kcal | 845 kcal

Sausage and chips

battered or unbattered 1058 kcal | 978 kcal

Lemon sole goujons and chips 1055 kcal

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