



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

Whiting 1125 kcal 657 kcal	11	Lemon sole 1474 kcal 1188 kcal	17
Forgotten fish an unsung species, changes daily	13	Haddock 1696 kcal 1348 kcal	18.50
Hake 1696 kcal 1347 kcal	16	Cod 1696 kcal 1349 kcal	21

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

SIDES

Chips 578 kcal	4
Chip butty 402 kcal	6
Cheesy chips 990 kcal	6.50
Onion rings 126 kcal	4.50
Bread roll 80 kcal	1.50
Mixed leaf salad 20 kcal	4.50
Spinach and watercress salad 20 kcal	5

SAUCES made in Padstow

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

Ask for scraps on us



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Halloumi saganaki drizzled with honey 1003 kcal	6.50
Fish taco pica de gallo and chipotle crema 477 kcal	9
Salt and pepper prawns 360 kcal	9
Scallops battered or grilled 352 kcal 43 kcal	11.50
Halloumi burger chipotle chilli relish 1014 kcal	10
Fish chilli burger chipotle mayonnaise 1096 kcal	11
Breaded chicken burger lettuce and chilli mayo 1160kcal	12
Jack Stein's Fish finger sandwich 869 kcal	11.50
Cornish pork sausages battered or unbattered 1216 995 kcal	7.50
Scampi 2383 kcal	11.50

Add: Chips	4
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CURRIES with basmati rice

Masala fish curry 983kcal	
Coconut prawn curry 631kcal	15
Goan chicken curry 467 kcal	13.50
Add: Chapati 120 kcal	2
Poppadom 36 kcal	2
Mango chutney 75 kcal	2

KIDS AND SMALLER APPETITES all 7.50

Scampi and chips
Fish and chips battered or grilled
Sausage and chips battered or unbattered
Lemon sole goujons and chips
Breaded chicken bites and chips

VEGAN 11.50

Vegan vegetable masala with basmati rice 596kcal	4
Vegan chips 578kcal	

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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