

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

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

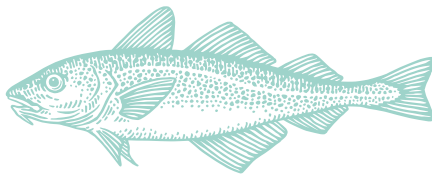
### SAUCES made in Padstow

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.



RICK STEIN

## FISH & CHIPS

# TAKEAWAY MENU

Halloumi saganaki drizzled with honey 1003 kcal	6.50
Cornish pork sausages battered or unbattered 1216   995 kcal	7.50
Fish taco pica de gallo and chipotle crema 477 kcal	9
Salt and pepper prawns 360 kcal	9
Halloumi burger chipotle chilli relish 1014 kcal	10
Fish chilli burger chipotle mayonnaise 1096 kcal	11
Scallops battered or grilled 352 kcal   43 kcal	11.50
Scampi 2383 kcal	11.50
Cheese burger chipotle chilli relish 589 kcal	12
 Jack Stein's Fish finger sandwich 869 kcal	11.50
Singapore chilli crab burger in tempura 1122 kcal	14
Add: Chips	4

## CURRIES with basmati rice

Vegetarian chickpea curry 240 kcal 11.50

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 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

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.