

THE SEINERS — ARMS —

SMALL PLATES

Baked camembert to share – garlic, rosemary, red onion chutney, rustic bread (GFA)(V) £16.50

Crispy chilli squid – spring onions, fresh chilli, sweet chilli soy sauce £8.50

Smoked mackerel pate – red onion chutney, ciabatta £8

Buffalo mozzarella – tomatoes, basil & balsamic glaze (V) £8

Garlic king prawns – king prawns, chilli, garlic butter, white wine, rustic bread (GFA) £10

Sticky chicken wings – flats & drums, choice of BBQ or mango & habanero (GFA) £8.50

Local mussels – spring onions, white wine, garlic, warm ciabatta (GFA) £11

Mediterranean vegetable salad – mixed leaves, peppers, chick peas, tomatoes & onions, olives, sun blushed tomatoes, roquito peppers, lemon & herb dressing (GFA)(VGA) £8.50

LARGE PLATES

Seiners dirty burger – two 3oz beef patties, Emmental cheese, lettuce, tomato, tomato relish, coleslaw, brioche bun, skin-on fries (GFA) £17

Signature seafood spaghetti – king prawns, squid, mussels, octopus, chilli, garlic, pomodoro sauce £20

Local mussels – spring onions, white wine, garlic, warm ciabatta (GFA) £22

Garlic & herb chicken breast – charred corn on the cob, skin-on fries, coleslaw, choice of BBQ sauce or sweet chilli soy sauce (GFA) £17

Cornish beer-battered cod – skin-on fries, garden peas, lemon, tartare sauce (GFA) £19

Seafood basket – breaded butterfly king prawns, panko squid rings, battered cod bites, salt & pepper squid, skin-on fries, garden peas, tartare sauce. £18

9oz minute steak – sautéed mushrooms, roasted tomato, skin-on fries, side salad (GFA) £21

Grilled chicken & mediterranean vegetable salad – mixed leaves, peppers, chick peas, tomatoes & onions, olives, sun blushed tomatoes, roquito peppers, lemon & herb dressing (GFA) £17

Rainbow chard & olive ravioli – pomodoro sauce, pea shoots, optional Parmesan (VGA) £16.50

Vegan burger – vegan cheese, tomato relish, vegan coleslaw, gem lettuce, tomato, skin-on fries (VGA) £16

Vegan “no fish” fingers – lemon mayo, skin-on fries, garden peas, lemon wedge (VGA) £14

PUDDINGS

Cheesecake of the day – please ask for today’s flavour (GFA)(VGA) £7.50

Warm treacle sponge – custard (GFA) £7.50

Lemon tart – raspberry gel, Cornish clotted cream £8

Profiteroles – choux pastry, sweet cream, chocolate sauce £7.50

Warm chocolate brownie – vanilla ice cream & dark cherries (GF) £7.50

Three scoops of ice cream – please ask for today’s flavours £5

RUSTIC CIABATTAS 12-3pm only

Served with coleslaw & salad garnish

Smoked salmon and cucumber £10

Fish goujon, tartare sauce & gem lettuce £12

Bacon, brie & red onion chutney £9

Vegan cheese & caramelised red onion (VGA) £8.50

SIDES

Truffle parmesan fries, Parmesan, truffle oil, parsley £5

Cheesy fries (GFA)(V) £4.50

Skin-on fries (GFA)(VGA) £4

Coleslaw (VGA)(V) £2.20

Garlic bread (V) £4

Garlic bread with cheese (V) £4.50

CHILDREN’S

Chicken nuggets, fries & peas £8

Cod, fries & peas (GFA) £8

Cheese & tomato pasta (VGA) £8

Cheeseburger & fries £8

PLEASE ASK A MEMBER OF OUR TEAM ABOUT TODAY’S SPECIALS.

GFA – GLUTEN-FREE AVAILABLE VGA – VEGAN AVAILABLE V – VEGETARIAN

PLEASE SPEAK TO A MEMBER OF STAFF REGARDING VEGAN OPTIONS AND ANY INFORMATION REGARDING ALLERGENS

WE CANNOT GUARANTEE FOOD PREPARED ONSITE IS ALLERGEN FREE DUE TO THE USE OF MULTIPLE INGREDIENTS AND PRODUCTS



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MENU