



## **Lunch Menu August 2017**

*Marinated Anchovies* **£3.50 (G)**

*Cockles Marinated in Malt Vinegar* **£3.25**

*Marinated Mixed Peppers Stuffed*

*With Feta & Myzithra Cheese* **£3.50 (G) (V) (D)**

*Marinated Olives* **£3.50 (G) (V)**

### ***Fresh Mackerel (D)***

*Pan Fried Fillet Served with a New Potato, Walnut & Watercress Salad* **£7.50**

### ***Tiger Prawns (G) (D)***

*Pan Fried With Lots of Garlic, Butter & Parsley* **£6.95**

### ***Smoked Haddock Cakes***

*Served with a Lemon & Dill Mayo* **£7.50**

### ***Greek Salad (V)***

*With Greek Feta, Red Onion, Cucumber, Tomato & Olives* **£6.95**

### ***Porthgain Crab Sandwich (D)***

*Served on Brown Bread with a Fennel & Apple Salad* **£8.95\***

### ***Chickpea, Sweet Potato & Spinach Curry (G) (V)***

*Aromatic Curried Vegetables Served with Chips or Rice* **£10.95\***

### ***Whole Sea Bream (G) (D)***

*Baked 'En Papillote' with Fresh Thyme. Garlic, Lemon Butter Served with a Garden Salad & a choice of either Hand cut Chips or New Potatoes* **£18.95**

**(G) Gluten Free (V) Vegetarian (D) Contains Dairy**