

ALLERGENS MENU



PLEASE READ

Every care is taken to avoid any cross contamination when processing a specific allergen free order. We do however work in a kitchen that processes allergenic ingredients and do not have a specific allergen free zone. All allergen ingredients which are deep fried will use the same fryers in our kitchens as dishes not containing these ingredients – **THERE MAY BE RISK OF CROSS CONTAMINATION.** This may therefore effect extremely sensitive sufferers. Allergen data is held on each of our dish ingredients, so please ask your server in the restaurant should you require any more details

GF NON GLUTEN **DF** NON DAIRY **VG** VEGAN **V** VEGETARIAN

STARTERS

MIXED ITALIAN OLIVES **GF DF VG** £4.95

MILD 'N' WILD CHICKEN FILLETS **DF** £7.95

Southern fried chicken fillets with a kick.
Served with a tangy barbecue dip.

FLAT MUSHROOMS **GF** £7.45

Large flat mushrooms baked & topped with cheese & bacon served on a bed of mixed leaves with balsamic glaze.

GARLIC CHILLI CHEESE BUTTON MUSHROOMS **GF** £8.45

Button mushrooms in garlic and chilli butter, & melted cheese.

TOMATO BRUSCHETTA **DF VG** £7.95

Toasted ciabatta, topped with sautéed cherry tomatoes & red onion topped with rocket, drizzled with a balsamic glaze.

MAINS

CHEESE & BEANS JACKET POTATO **GF** £8.95

Served with a salad garnish.

BAKED BEANS JACKET POTATO **GF DF VG** £8.45

Served with a salad garnish.

MEXICAN CHILLI JACKET POTATO **GF** £10.45

Served with a salad garnish & topped with sour cream.

WARM GOAT'S CHEESE & RED ONION CHUTNEY SALAD **V GF** £14.95

Grilled goat's cheese & red onion chutney on a mixed leaf salad. Served with mixed avocado, olives, walnuts & drizzled with a balsamic dressing.

MEXICAN CHILLI **GF** £14.45

Medium chilli with minced beef, kidney beans, and herbs & spices served with rice & sour cream

CHICKEN BREAST SEASONED IN GARLIC **GF DF** £15.95

A prime butterfly chicken breast marinated in garlic. Served with, flat mushroom & on the vine tomatoes or a fresh mixed leaf salad together with a choice of chips, jacket or new potatoes.

8OZ SIRLOIN STEAK **GF DF** £19.95

A prime 8oz sirloin steak chargrilled to your liking. Served with flat mushrooms & on the vine tomatoes or a fresh mixed leaf salad together with a choice of chips, jacket or new potatoes.

FALAFEL LINGUINE **DF VG** £13.95

Falafel balls made with chickpeas and seasoned with garlic, coriander & parsley in a tomato sauce tossed together with linguine.

ROASTED SUPREME OF SALMON **GF DF** £16.95

A succulent 8oz salmon supreme, Served with new potatoes, and a choice of vegetables or a mixed leaf salad.

BEER BATTERED COD & CHIPS **DF** £16.45

Our famous 8oz cod hand battered with chef's traditional recipe batter. Served with chips then with a choice of a mixed leaf salad, peas or mushy peas. (may contain small bones)

SHIPMATES' VEGAN BURGER **DF VG**

A hearty beetroot & oyster mushroom patty burger infused with tomatoes, in a toasted ciabatta bun with lettuce, tomato & relish, stacked together with onion rings. Served with a side of chips.

SINGLE £13.45 | DOUBLE £15.45

SOUTHERN FRIED CHICKEN BURGER **DF** £15.25

Mild 'n' wild chicken fillets served in a ciabatta bun with chopped lettuce, tomato, onion & relish. All stacked together with onion rings, a side of chips.

CAJUN CHICKEN BURGER **DF** £15.95

Chargrilled cajun butterfly breast of chicken served in a ciabatta with chopped lettuce, tomato, onion & relish. All stacked together with onion rings & chips.

PLEASE ASK A MEMBER OF STAFF FOR A DESSERT MENU

ALLERGEN MENU AVAILABLE ON REQUEST. PLEASE NOTIFY YOUR SERVER OF ANY ALLERGIES BEFORE ORDERING

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DESSERTS

FRUIT SALAD **GF** **DF** **VG** £4.75

CHOCOLATE CHIP ORANGE CAKE **DF** **VG** £7.45

Served with vegan ice cream

CHOCOLATE BROWNIE **GF** £7.45

Served with whipped cream and ice cream

STCKY TOFFEE PUDDING **GF** £7.45

Moist sponge cake made with finely chopped dates covered in a rich toffee sauce served with a choice of fresh cream, ice cream or custard

BANANA SPLIT **GF** £6.95

Served with vanilla and chocolate ice cream topped with cream, chocolate sauce and sprinkled with nuts

JUNIOR PIRATE'S MENU

MAIN MEALS £5.95

Choose one of the following!

SAUSAGES **GF** **DF** • CHICKEN NUGGETS **DF**

Choose a side!

CHIPS • POTATOES • PASTA

Then choose either...

RAW CARROT STICKS • CUCUMBER • PEAS • BAKED BEANS

Add a dessert for £2.50

LEMON SORBET **GF** **DF** **VG**

ICE CREAM TUBS **GF**

Strawberry, chocolate or vanilla

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