Avocado V £4 | 130 kcal • Tiger Prawns £6 | 119 kcal • Chicken £5 | 134 kcal

## HARBOUR BAR + RESTAURANT

Artisan Bread Board - for two to share V Whipped butter, sea salt   440 kcal	£8	Pan-Fried Scallops GF Celeriac, apple, hazelnuts and sea purslane   617 kcal	£15	Skinny Fries VG, GF   225 kcal
Black Fig & Burrata V Confit almond, honeycomb, basil, music bread   422 kcal	£14	Grilled Tiger Prawns GFA Samphire, garlic butter, ciabatta   333 kcal	£14	Truffle & Parmesan Fries GF   296 kcal  Heritage Potatoes V
Gin-Cured Sea Trout GF	£12	Steamed Mussels GFA	£11 / £19	Soft herb butter   312kcal
Yoghurt purée, cucumber and apple salsa   347 kcal		Ocean cider, chorizo, cream, parsley, sourdough   318/638 kg		Buttery Mashed Potato V, GF Chives   318 kcal
Twice Baked Cheese Soufflé GFA Aged cheddar, cream sauce   747 kcal	£10.50			Mac & Three Cheese  Mozzarella, aged cheddar, Parmesan   422 kcal
Smoked Duck Carpaccio GF Glazed figs, cherry balsamic, goat's cheese, chicory hearts   417 kca	£13			Seasonal Beans & Greens V, GF   189 kcal
				Green salad V, GF House dressing, radish, crispy shallots   72 kcal
Flat Iron Chicken GF Chargrilled Tenderstem®, preserved lemon and chilli   917 kcal	£25	Market Fish of the Day GFA Served whole, grilled or poached	MP	
10oz 28-Day Aged Ribeye GFA Beach Club steak salad, thick cut chips   813 kcal	£35	Fish & Chips GFA Thick cut chips, smashed peas and tartare sauce   844 kcal	£20.50	
Add your choice of sauce: Peppercorn   201 kcal • Béarnaise   387 kcal • Garlic butter   148 kcal	£3	Herb Crusted Cod GFA Chorizo, tomatoes, chickpea and white beans   917 kcal	£24	Join the club @harbour_beachclub
Porcini & Sweet Potato Wellington VG Kale and mushroom duxelles   566 kcal	£22	Shellfish Linguine  Mussels, squid, crayfish, fresh chilli, cherry tomatoes, cream	<b>£24</b>   612 kcal	V vegetarian • VG vegan • VGA vegan available
Slow-Cooked Beef GF Mushroom and shallots in a rich red wine sauce, horseradish gremolata   878 kcal	£25			GF gluten-free • GFA gluten-free available
Pear & Chicory V Walnuts, watercress and Devon Blue blue cheese   388 kcal	£17	Beach Club Burger  Dry aged beef, cheese, guacamole, maple mustard   785 kca	£19	
Classic Caesar GFA Gem lettuce, croutons, soft hen's egg, anchovies, Parmesan   447 kcal	£17		£18	If you are concerned about any food allergies or dietary requirements speak to a member of the team who would be delighted to assist. Calori approximate guide only. Adults require approximately 2000 kcal a day. A are inclusive of VAT and a discretionary gratuity of 12.5% is added to the
	-			and divided fairly between the team and independently from the bus

PB cheese, guacamole, maple mustard | 784 kcal

HARBOUR

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