## HARBOUR Beach Club BAR + RESTAURANT

Artisan Bread Board - for two to share V	82		Pan-Fried Scallops GF	£15
Whipped butter, sea salt   440 kcal		CE/	Black pudding, apple and watercress   547 kcal	
New Season English Asparagus V	£15	A	Grilled Tiger Prawns GFA	£14
Hollandaise sauce, poached hen's egg   388 kcal	2.0	CRUSTACEA	Samphire, garlic butter, ciabatta   333 kcal	
Fritto Misto Fried prawns, squid, whitebait, courgettes and fennel, wild garlic mayonaise   613 kcal	£12	CR	Steamed Mussels GFA Ocean cider, chorizo, cream, parsley, sourdough   318/638 kcal	£11 / £19
Twice Baked Cheese Soufflé GFA Aged cheddar, cream sauce   747 kcal	£10.50			
Steak Tartare Cackleberry hen's egg, dripping toast   318 kcal	£14			
Flat Iron Chicken GF	£25		Market Fish of the Day GFA Served whole, grilled or poached	MP
Chargrilled Tenderstem®, preserved lemon and chilli   917 kcal			Fish 0 China OF4	000 50
10oz 28-Day Aged Ribeye GFA Beach Club steak salad, thick cut chips   813 kcal	£35	SEAFOOD	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	SEA	Herb Crusted Cod GFA Chorizo, tomatoes, chickpea and white beans   917 kcal	£24
Smoked Tomato, Spinach & Broad Bean Gnocchi VGA Cream sauce   720 kcal	£19		Shellfish Linguine Mussels, squid, crayfish, fresh chilli, cherry tomatoes, cream   612 k	£24
Lamb Rump Sweet young peas, broad beans, bacon, baby gem   813 kcal	£26			
Heritage Potato, Asparagus Wellington (VG) Spinach and tomato   616 kcal	£22			
Sweet Potato, Broccoli, Fregola & Tomato Salad VG Harissa oil   437 kcal	£14	(0	Beach Club Burger  Dry aged beef, cheese, guacamole, maple mustard   785 kcal	£19
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<b>Classic Caesar GFA</b> Gem lettuce, croutons, soft hen's egg, anchovies, Parmesan   447 kca	£17	BURGER	Trawlerman's Roll GFA Seared sea bass, tartare sauce, crispy lettuce   786 kcal	£17
bern retroce, croutons, soit nen s'egg, anchovies, Parmesan 1447 kca		30.5	seared sea pass, tartare sauce, crispy rettuce 1780 kcar	
Add a little extra		Ш	Vegan Burger VG	£18
Avocado V £4   130 kcal • Tiger Prawns £6   119 kcal • Chicken £5   134 kca	31		PB cheese, guacamole, maple mustard   784 kcal	

Skinny Fries VG, GF   225 kcal	£5
Truffle & Parmesan Fries GF   296 kcal	£7
Heritage Potatoes V Soft herb butter   312kcal	£5
Buttery Mashed Potato V, GF Chives   318 kcal	£5
Asparagus, Peas & Samphire VG, GF 312 kcal	£ć
Mac & Three Cheese Mozzarella, aged cheddar, Parmesan   422 kcal	£7
Seasonal Beans & Greens V, GF   189 kcal	£5
Seasonal Beans & Greens V, GF   189 kcal  Green salad V, GF  House dressing, radish, crispy shallots   72 kcal	£5

Join the club @harbour\_beachclub

V vegetarian • VG vegan • VGA vegan available

GF gluten-free • GFA gluten-free available

If you are concerned about any food allergies or dietary requirements please speak to a member of the team who would be delighted to assist. Calories are an approximate guide only. Adults require approximately 2000 kcal a day. All prices are inclusive of VAT and a discretionary gratuity of 12.5% is added to the total bill and divided fairly between the team and independently from the business.

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