

# -LUNCH-

Two courses £16.95 • Three courses £22.95

## bites

**Chicken Popcorn**, saffron aioli *340 kcal* 7

**Tempura Prawns**, sweet chilli sauce *167 kcal* 4 each

**Artisan Bread**, oil and balsamic *V 352 kcal* 5

**Spiced Tempura Vegetables**, tempura vegetables with dipping sauce *V 217 kcal* 6

## starters

**Soup of the Day**, croutons, grated cheese *V*

**New Season English Asparagus**, hollandaise sauce, poached hen's egg *V 388 kcal*

**Chicken Liver Parfait**, toasted brioche, red onion marmalade, balsamic *445 kcal*

**Glazed Goat's Cheese, Beetroot & Walnut Salad**, honey dressing *388 kcal*

## mains

**Flat Iron Steak**, tomato, mushroom, fries *GF 908 kcal*  
*Add peppercorn sauce 201 kcal* 3

**Fillet of Salmon**, creamed smoked tomato and basil tagliatelle, rocket *717 kcal*

**Breast of Chicken**, chargrilled vegetables, new potatoes, basil, balsamic *GF 811 kcal*

**Mint & Pea Ravioli**, spinach, cherry tomatoes, peas *V 677 kcal*

*V* vegetarian • *GF* gluten-free

 @foweyharbourhotel

*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. 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.*

# HARBOUR

---

KITCHEN, BAR & TERRACE