

## white wines

	125ml	175ml	250ml	Bottle
<b>Amanti del Vino Trebbiano IGT Rubicone - Umbria, Italy</b>	<b>£3.90</b>	<b>£5.50</b>	<b>£7.20</b>	<b>£21.00</b>

Dry and crisp wine with an elegant floral nose, silky palate and finely balanced acidity. An attractive, creamy wine.

<b>Ladera Verde Sauvignon Blanc - Valle Central, Chile</b>	<b>£4.00</b>	<b>£5.80</b>	<b>£7.50</b>	<b>£22.00</b>
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Crisp and fresh with limey fruit, a hint of herbs and a twist of melon; this wine is typically dependable and easy drinking.

<b>Los Coches Viognier - Valle Central, Chile</b>	<b>£4.20</b>	<b>£6.00</b>	<b>£7.90</b>	<b>£23.00</b>
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Soft, pale straw in colour this wine has an intensely floral nose with hints of ripe peach. Full and rounded on the palate ending with a long honey like finish.

<b>Domaine Saint Roch Limoux Chardonnay - Languedoc, France</b>	<b>£5.50</b>	<b>£8.00</b>	<b>£10.50</b>	<b>£30.00</b>
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This beautiful dry white wine is vinified and oak aged for 8 months. With a shiny gold colour, it offers a complex nose of white peach, dry fruits and toasted bread notes. The palate reveals a wine with good texture, refined elegance and minerality

<b>Racine Picpoul de Pinet, Château du Languedoc - France</b>	<b>£5.50</b>	<b>£8.00</b>	<b>£10.50</b>	<b>£30.00</b>
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Zippy acid with good mouthfeel & texture. Some apple & melon notes. A hint of saltiness, delicate with good intensity.

<b>Albarino Bernon Aquitania Blanco - Galacia, Spain</b>	<b>£31.00</b>
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Fresh citrus and orchard fruit aromas and flavours, with a minerally element adding vivacity. Silky and precise, showing good lift but a bit of heat in the mid-palate. It is balanced and persistent with plenty of lively acidity.

<b>Pask Gimblett Gravels Sauvignon Blanc - Hawkes Bay, New Zealand</b>	<b>£35.00</b>
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An outgoing, aromatic and refreshing wine, packed with gooseberry fruit. What sets this apart is an herbaceous character not common with New Zealand Sauvignon.

<b>San Simone Pinot Grigio DOC Friuli Grave - Venezia, Italy</b>	<b>£35.00</b>
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Light straw yellow in colour with slight copper hints. Delicate, rich scents of acacia and orange flowers with wild rose and hints of citrus and apricot. Dry, fresh, elegant and rounded on the palate with good crisp acidity and balance. A pleasant, mild bitter aftertaste.

<b>Gavi del Commune di Gavi DOCG, Manfredi - Piedmont, Italy</b>	<b>£37.00</b>
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A very well balanced wine that has plenty of peach fruit flavour that combines elegantly with a dry finish to bring great balance.

<b>Domaine Daulny Sancerre - Loire, France</b>	<b>£38.00</b>
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A classic expression of Sauvignon Blanc with grassy notes, tropical fruit and hints of blackcurrant bud. The palate is crisp and fresh, with beautiful minerality. There is a good nose and intense fruit on the palate and a steely rich character.

<b>Signature de Colmar Florimont Riesling Grand Cru - Alsace, France</b>	<b>£42.00</b>
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The Riesling Florimont is typical, slightly fruity, with notes of dried apricot. The vibrant and elegant nose gives off a touch of lemon followed by mineral overtones. Fresh and lively on the palate with fine attack of sharp fruit flavours reminiscent of white peach. With a great aromatic balance, this is an expressive and elegant wine.

<b>Domaine des Malandes Chablis - Burgundy, France</b>	<b>£48.00</b>
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Expressing aromas of crisp fruit, there is plenty of citrus and green apple flavour followed by a rich mineral finish. A pure expression of the Terroir of the region. Dry in style.

## sparkling wines and champagne

	125ml	Bottle
<b>Ita Prosecco Spumante DOC Brut NV - Veneto, Italy</b>	<b>£7.00</b>	<b>£26.00</b>

This enjoyable Prosecco has fine bubbles and is very soft on the palate, offering refreshing acidity with lots of mouth-filling tropical fruit and citrus flavours.

<b>Highdown Rambling Rosé NV - Worthing, West Sussex</b>	<b>£42.00</b>
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We are delighted to offer this locally produced Sparkling Wine. It is fresh and vivacious with delicious aromas of summer berries and rose petals. Raspberry & strawberry flavours combine with a subtle creaminess on the palate.

<b>Nyetimber Classic Cuvée - West Sussex, England</b>	<b>£65.00</b>
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An English Classic. This elegant, fine wine has a great combination of intensity, delicacy and length; it is creamy and rich with notes of brioche complimented with a refreshing citrus twist.

<b>Champagne Billecart Salmon Brut Réserve NV</b>	<b>£14.90</b>	<b>£75.00</b>
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This elegant Champagne with gold reflections, stands out by the finesse of its slowly rising bubbles and its persistent, abounding mousse.

<b>Champagne Billecart Salmon Rosé Brut NV</b>	<b>£95.00</b>
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This light, elegant Champagne has soft salmon hues with warm glints of gold. Delicate, slowly rising bubbles give it a persistent mousse, with subtle aromas, leading to an elegant bouquet of red fruits, and a fresh finish.

## red wines

	125ml	175ml	250ml	Bottle
<b>Amanti del Vino Sangiovese IGT Rubicone - Umbria, Italy</b>	<b>£3.90</b>	<b>£5.50</b>	<b>£7.20</b>	<b>£21.00</b>

This attractive, easy-going wine has juicy, soft fruit with hints of black cherries and plums.

<b>Ladera Verde Merlot - Valle Central, Chile</b>	<b>£4.00</b>	<b>£5.80</b>	<b>£7.50</b>	<b>£22.00</b>
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This wine has lovely plummy Merlot fruit with a ripeness that is so typical of Chile. A very pleasing wine for everyday drinking.

<b>Conte de Castelvechio Montepulciano d’Abruzzo DOC - Italy</b>	<b>£4.30</b>	<b>£6.20</b>	<b>£8.20</b>	<b>£23.50</b>
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This wine is medium-bodied with a strong fruity bouquet and scents of red fruit and liquorice. The finish is soft and well-balanced.

<b>Beyond the River Shiraz - Australia</b>	<b>£4.40</b>	<b>£6.30</b>	<b>£8.30</b>	<b>£24.00</b>
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A full-bodied and smooth wine enriched with ripe dark berry fruit flavours, well-balanced with the right amount of spice.

<b>Carlomagno Primitivo Appassimento IGP - Puglia, Italy</b>	<b>£28.00</b>
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This powerful, rich wine is full-bodied with aromas of over-ripe cherries, summer fruits, plum spices and chocolate. On the palate, are flavours of dried and black fruits with hints of spice; finishing with an excellent balance.

<b>Bagordi Rioja Crianza - Spain</b>	<b>£5.50</b>	<b>£8.00</b>	<b>£10.50</b>	<b>£30.00</b>
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Black and red wild fruit notes in balance with spice notes can be found in nose. In mouth, medium-full body structure, with a silky palate make this wine complex and enjoyable.

<b>Gouguenheim Malbec - Mendoza, Argentina</b>	<b>£5.90</b>	<b>£8.60</b>	<b>£11.20</b>	<b>£33.00</b>
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Deep purple colour; pronounced blackberries and ripe plums with underlying spice on the nose. Soft with a slight sweetness and balanced by gentle tannins with a long spicy fruity finish.

<b>Château Trébiac Graves - Bordeaux, France</b>	<b>£36.00</b>
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A stunning medium bodied wine that has excellent structure and style. Made predominantly from Cabernet Sauvignon and Merlot, the wine also has small proportions of Malbec and Carménère in the blend. Aged in oak barrels for 18 months before bottling.

<b>Kate Radburnd Vine Velvet Pinot Noir - Wairarapa, Hawke’s Bay, New Zealand</b>	<b>£38.00</b>
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This elegant and rich New Zealand Pinot Noir is plush, smooth and textured, all about mouthfeel. Dark cherry fruit is supported by subtle sweet oak and silky, fine tannins.

<b>Clos de Gat Har’el Syrah - Judean Hills, Israel</b>	<b>£47.00</b>
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This delicious Syrah from Israel is made with 15% Cabernet Sauvignon to create an intense, discreetly oaked red with classic warm, peppery red fruit flavours and aromas. Rich and rounded with a long, lingering finish.

<b>Domaine de Tholomies AOP Minervois La Liviniere - Languedoc-Roussillon, France</b>	<b>£52.00</b>
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This complex wine has aromas of peppery vanilla, Morello cherry and prunes livened up by black tapenade and chocolate notes. It is full-bodied, smooth and concentrated on the palate, offering mature tannins, roasted coffee and dried fig aromas.

<b>Château Puy-Blanquet St Emilion Grand Cru Classé - Bordeaux, France</b>	<b>£62.00</b>
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An outstanding Grand Cru wine from the ever popular village of Saint-Émilion. A pronounced wine on the nose with hints of ripe cherry fruits. Structured and firm on the palate with excellent length and depth of flavour.

## rosé wines

	125ml	175ml	250ml	Bottle
<b>Auguste Bonhomme Rosé d’Anjou - Loire, France</b>	<b>£5.20</b>	<b>£7.50</b>	<b>£9.90</b>	<b>£28.00</b>

Crystal clear with a salmon pink hue and a beautiful intensity. The bouquet is reminiscent of red berries. The palate is expressive, rich and aromatic with a hint of liquorice and toffee.

The clear, fresh and tasty finish is balanced by a fine acidity.

<b>Racine Côtes de Provence Rosé - Provence, France</b>	<b>£6.00</b>	<b>£9.00</b>	<b>£12.00</b>	<b>£35.00</b>
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This refreshing wine is light-bodied with fresh, vibrant summer berries with a hint of white rose petal on both the nose and palate.

## dessert wines

	125ml	Bottle
<b>Domaine Les Roumanis Muscat de St Jean de Minervois - Languedoc, France</b>	<b>£8.50</b>	<b>£25.00</b>

Sweet and punchy with apricots and peaches leading the fruit. Notes of honey and lemon join in on the rich and sticky palate.

<b>Real Tesoro Pedro Ximenez Sherry</b>	<b>£8.50</b>	<b>£30.00</b>
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Pedro Ximenez is of a dark oak colour; very rich due to its sugar level; exquisite in its variety.

## breakfast

Eggs Florentine; 2 poached eggs, spinach, muffin, hollandaise	6.00
Eggs Benedict; 2 poached eggs, bacon, spinach, muffin, hollandaise	7.00
Eggs Royale; 2 poached eggs, smoked salmon, spinach, muffin, hollandaise	7.50
Bacon, fried eggs, bubble & squeak cake	7.50

English grill; sausage, bacon, mushrooms, hash brown, tomato, scrambled eggs, toast	9.50
Garden breakfast; baked avocado, mushrooms, tomato, scrambled eggs, baked beans, hash brown, toast	8.50
Bacon or sausage butty	4.25
Toast, marmite, marmalade, jam or honey	2.80
Avocado & poached egg on toast	7.50

Yoghurt, honey, granola	4.00
Scrambled eggs on toast	6.50
with bacon	7.50
with smoked salmon	8.50
Poached kippers, poached egg	7.50
Freshly squeezed orange juice	4.00
Bloody Mary	8.00

## sandwiches & flatbreads

Steak, onion, rocket & horseradish folded flatbread	8.00
Chicken fajita folded flatbread	8.00
Pulled pork & Sussex Mayfield folded flatbread	8.00

Warm avocado, halloumi & mango chutney folded flatbread	7.00
Prawn, cherry tomato, rocket & sweet chilli folded flatbread	9.00

Fish goujon sandwich, pea puree & rough cut tartar	8.00
Smoked salmon & rocket sandwich	7.00

## start, snack, share

Crab & avocado on toast, chilli & lime	8.00
Fritto misto; lightly battered fish, prawn & vegetable pieces, chilli jam, tartar sauce	13.00

Lobster bisque	7.00
Ham hock terrine, toast, onion chutney	7.00
Whole baked Camembert, garlic & thyme, onion chutney, toast	10.00

Halloumi fries, flaked chillies, chopped mint, spiced yoghurt	8.00
Handpacked fishcake, wilted spinach, poached egg, hollandaise	8.50
Grilled baby leeks, truffle oil, herb crumb	8.00

## shellfish

Classic moules mariniere	8.00 / 15.00
Whole tiger prawns, chilli, garlic, lemon	9.00 / 16.00
Oysters; classic on ice with mignonette or rockerfeller	each 2.50 six for 11.00 twelve for 20.00

Half or whole grilled lobster, garlic butter, string fries	19.00 / 36.00
Pan seared scallops, onion bhaji, mango chutney glaze	9.00 / 16.00

Tempura prawns, chilli jam (8)	8.00
Shellfish collection; whole lobster, oysters, mussels, scallops, tiger prawns, clams	65.00

## pasta & risotto

Seafood linguine, lobster reduction	11.00 / 17.00
add half lobster	15.00
Crab, spring onion, chilli & coriander linguine	10.00 / 16.00
Cherry tomato, chilli & rocket linguine	7.00 / 11.00

Mac & cheese, truffle oil & herb crumb	11.00
Lobster & crayfish mac & cheese, cherry tomato rocket & Twineham Grange cheese	18.00

Crayfish, spinach & pea risotto	11.00 / 17.00
Beetroot, walnut & Brighton blue cheese risotto	8.00 / 14.00

## main plates

283g Ribeye steak, triple cooked hand cut chips, slow roasted tomato, watercress	23.00
add peppercorn sauce 2.50	
add bearnaise sauce 2.50	
add half lobster	15.00
Beer battered fish, triple cooked hand cut chips, pea puree, rough cut tartare	14.00

Fish pie, goats cheese mash, spinach, tiger prawn	16.00
Chicken, ham hock & leek pie, thyme mash	15.00
Sweet potato, spinach & coconut curry pie, spiced lentil dahl	13.00

Handpacked, homemade beef burger, soft flour bap, rocket, tomato, mayonnaise, seasoned fries	13.00
add Sussex Mayfield cheese 1.25	
add bacon 1.25	
add a burger 6.00	
add avocado 1.25	
Duo of duck; pan seared breast, confit leg, dauphinoise potatoes, roasted root vegetable, port wine jus	18.00

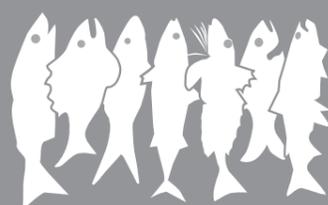
## sides

Hand cut triple cooked chips	
Seasoned fries	
Sweet potato fries	
Cherry tomato, rocket & Twineham Grange salad	
Honey & mustard roasted root vegetables	
House salad	
Wilted spinach	
Sauteed cabbage, bacon & peas	
Dauphinoise potatoes	
Garlic bread	
Round of beers for the kitchen	all at 3.75
	14.00

Sundays we serve a traditional roast lunch.

Check out details of our daily specials and menu additions

Please let us know if you have any allergies, intolerances or require information on ingredients used in our dishes



SEVEN FISH  
canteen · bar · grill  
simple honest food and drink  
SERVICED APARTMENTS