

breakfast

Eggs Florentine; 2 poached eggs, spinach, muffin, hollandaise	5.60	English grill; sausages, bacon, mushrooms, tomato, scrambled eggs, toast	8.75	Yoghurt, fruit compote, muesli	5.00
Eggs Benedict; 2 poached eggs, bacon, spinach, muffin, hollandaise	7.00	Garden breakfast; baked avocado, mushrooms, tomato, scrambled eggs, baked beans	8.75	Mushrooms on toast	7.00
Eggs Royale; 2 poached eggs, smoked salmon, spinach, muffin, hollandaise	7.50	Bacon or sausage butty	4.25	Scrambled eggs on toast with smoked salmon	6.50 8.50
Lobster Benedict; 2 poached eggs, lobster, spinach, muffin, hollandaise	15.00	Toast, marmite, marmalade, jam or honey	2.80	Beans on toast	5.00
Bacon, fried eggs, bubble & squeak cake	7.70	Croissant, butter, marmalade, jam or honey	2.80	Avocado on toast	7.50
		Soft boiled eggs, toast soldiers	4.20	Poached Peterhead kippers, butter	7.00
				Bloody Mary	9.00

light & afternoon tea

Toasted teacake	2.65	Steak & onion sandwich	8.00	Crab & dill mayonnaise sandwich	7.00
Selection of cakes	individually priced	Cheese on toast, Worcestershire	6.00	An unusual afternoon tea (2 persons) ; 2 large Chilgrove Gin & Fever Tree tonic ; pot of tea for 2; fruit scones, jam, clotted cream; smoked salmon sandwiches	40.00
Fruit Scones (2), jam, Sussex clotted cream	3.80	Fish finger sandwich, pea puree, tartar	8.00		
Smoked salmon sandwich	7.00	Brighton blue cheese & bacon sandwich	6.00		

appetizers (or while you wait) great for sharing

Olives	3.50	Cockle popcorn, sea salt & vinegar	4.00	Hoisin duck, spring onion & cucumber flatbread	7.00
Salt & pepper chilli squid	4.00	Crab & chilli croquettes	5.00	Assiette; devilled whitebait, salt & pepper chilli squid, tempura prawns, crab on toast	13.00

shellfish

Cornish wild mussels; marinieres style	8.00 / 15.00	Half or whole grilled lobster, garlic butter, string fries	17.00 / 30.00	Tempura prawns, chilli jam	each 1.00 eight for 7.50 twelve for 11.00
Whole tiger prawns, chili, garlic, lemon	8.00 / 15.00	Pan seared scallops, warm samphire & bacon	9.00	Dressed crab, new season potato & chive salad	14.00
Oysters; classic on ice with mignonette or rockerfeller	each 2.50 six for 11.00 twelve for 20.00				

starters & small plates

Whole baked Camembert, onion chutney, toast	9.00	Clam & sweetcorn chowder	6.00	Tomato, avocado & buffalo mozzarella salad	7.00
Grilled Asparagus, poached egg, chive hollandaise	7.00	Devilled whitebait, smoked paprika mayonnaise	7.00	Smoked salmon & crayfish cocktail, marie rose	7.00
Crab & avocado on toast	8.00	Ham hock terrine, toast, chutney	7.00		

main plates

226g Fillet steak, triple cooked hand cut fat chips, grilled mushroom, watercress	26.00	Lobster, crayfish & avocado salad	21.00	Seafood linguine garlic, dill, white wine, cream	16.00 add half lobster 15.00
add peppercorn sauce 2.50 add bearnaise sauce 2.50		Handpacked, homemade beef burger, brioche bun, rocket, tomato, mayonnaise, skin on string fries	14.00	Shellfish collection; lobster, oysters, crab, mussels, scallops, tiger prawns, clams	65.00
add half lobster 15.00		add Sussex Mayfield cheese 1.25 add bacon 1.25		Crayfish, spinach & pea risotto	18.00
Beer battered fish, triple cooked hand cut chips, pea puree, rough cut tartar	14.00	add a burger (greedy!) 6.00		Asparagus, lemon & mint risotto	14.00
Tandori glazed lamb rump, bombay potatoes, mint raita	15.00	Sweet potato & black bean burger, guacamole, spiced triple cooked hand cut fat chips	13.00		
		add mushrooms 1.00			

sides

Hand cut triple cooked fat chips;	
Skin on string fries;	
House Salad,	
Rocket & parmesan salad	
Sautéed sugar snap peas, maldon sea salt	
New season potato & chive salad	
Wilted spinach;	
Sauteed garlic & herb courgettes	all at 3.50
Round of beers for the kitchen	13.20

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 Summer 2017

