

# Allergens & Calories Menu

## Please Read

Please use this document as a guide only to help you assess your own level of risk based on your personal circumstances. Be aware that our kitchens handle a range of allergens & therefore there is a risk of airborne contamination and cross contamination. Guests with severe allergies are advised to assess their own level of risk and consume dishes at their own risk.

2024.03.19

Please be aware that all of our dishes may contain Sesame 🌱, Nut 🌰 & Soya 🌱

## Starters

King Prawns 🍤 in Garlic Butter 🧄🌱🌰🌱🌱 495 Kcal

Cooked to order & smothered in our garlic butter 🧄🌱🌰🌱🌱

Crisp Fried Baltic Whitebait & Aioli 475 Kcal

Whitebait 🐟 fried 🍳🌱🌰🌱🌱🌱 served with aioli 🍷🌱🌰🌱🌱

Half Pint of Norwegian Prawns 230 Kcal

Prawns 🍤 served with seafood sauce 🍷🌱🌰🌱🌱

Firecracker Prawn Cocktail 260 Kcal

Prawns 🍤🌱🌰🌱🌱 dressed with a seafood sauce 🍷🌱🌰🌱🌱

Roasted Half Shell Scallops 630 Kcal

Scallops 🍤 roasted 🍳🌱🌰🌱🌱 with garlic butter 🧄🌱🌰🌱🌱, wine 🍷, breadcrumbs 🍞 (wheat) served with baguette 🍞 (wheat) 🌱🌱

Salt & Pepper Brixham 'Calamari' 355 Kcal

Cuttlefish 🐙 fried 🍳🌱🌰🌱🌱 served with Singapore chilli sauce 🌶️🌱

Crisp Fried Tempura Vegetables 395 Kcal

Asparagus, courgette, green beans, carrots & red onion fried

in a light crisp batter 🍳🌱🌰🌱🌱, with chilli dipping sauce 🌶️🌱

Rockfish Tinned British Seafood

Served with pickle relish 🍷🌱🌰🌱🌱 & bread 🍞 (wheat) 🌱🌱

Mount's Bay Sardines 🐟 393 Kcal

Bay Mackerel 🐟 Fillets 390 Kcal

Lyme Bay Mussels 🍷 393 Kcal

Cuttlefish 🐙 338 Kcal

White Bonito Tuna 🐟 370 Kcal

Selection Board for two people 1185 Kcal

Choice of... Cuttlefish 🐙, Sardines 🐟, Mackerel 🐟, Tuna 🐟,

Mussels 🍷 served with pickle relish 🍷🌱🌰🌱🌱 & baguette 🍞 (wheat) 🌱🌱

Portland Pearl Oysters 🍷

served with mignonette 🍷 3 oysters 45 Kcal 6 oysters 70 Kcal

Mount's Bay Sardines on Toast 190 Kcal

Tin fish 🐟 on baguette 🍞 (wheat) 🌱🌱 with rocket, tomato aioli 🍷🌱 & relish 🍷🌱🌰🌱🌱

Leigh on Sea Cockles 375 Kcal

Cockles 🍷 with bread 🍞 (wheat) 🌱🌱 & butter 🧈, enjoyed white pepper & malt vinegar 🍷🌱

Crab Thermidor 310 Kcal

Crab Thermidor 🍳🌱🌰🌱 (wheat) 🌱🌱 oven roasted 🍳🌱🌰🌱, finished with parmesan 🧀 & breadcrumbs 🍞 (wheat) served with baguette 🍞 (wheat) 🌱🌱



Most of our menu can be prepared gluten free upon request. When it is prepared this way it is suitable for Coeliacs. Our gluten free batter does not contain any allergens however when cooked in our gluten free pan the dishes may contain traces of



Contains = Blue ~ May Contain = Orange

## Appetisers

Green Olives from Seville 60 Kcal

Warm Bread 🍞 (wheat) 🌱🌱 & Anchovy Mayonnaise 🍷🌱🌰🌱🌱 580 Kcal

Sweet Chilli Peppers 50 Kcal 🍷

Warm Bread 🍞 (wheat) 🌱🌱 with Salted Butter 🧈 450 Kcal

Pickled Anchovy Fillets 🐟🍷 290 Kcal

## Main Courses

Line Caught Icelandic Haddock Fillet & Chips 995 Kcal

Haddock 🐟 fried 🍳🌱🌰🌱🌱 in Rockfish batter 🍞 (wheat) 🌱🌱 served with tartare sauce 🍷🌱🌰🌱🌱, pickle 🍷 & chips 🍷🌱🌰🌱🌱

Prime Brixham Hake Fillet & Chips 865 Kcal

Hake 🐟 fried 🍳🌱🌰🌱🌱 in Rockfish batter 🍞 (wheat) 🌱🌱 served with tartare sauce 🍷🌱🌰🌱🌱, pickle 🍷 & chips 🍷🌱🌰🌱🌱

Rockfish Fillets 860 Kcal

Rockfish 🐟 fried 🍳🌱🌰🌱🌱 in Rockfish batter 🍞 (wheat) 🌱🌱 served with tartare sauce 🍷🌱🌰🌱🌱, pickle 🍷 & chips 🍷🌱🌰🌱🌱

Crispy Rockfish Tacos 600 Kcal

Rockfish 🐟 fried 🍳🌱🌰🌱🌱 in Rockfish fried coating served with garlic yoghurt 🍷🌱 & Mojo verde 🍷🌱

Artichoke Taco 650 Kcal

Artichoke 🍷 fried 🍳🌱🌰🌱🌱 in gluten free batter served with garlic yoghurt 🍷🌱 & Mojo verde 🍷🌱

Chargrilled Brixham Calamari 325 Kcal

Cuttlefish 🐙 chargrilled 🍳🌱🌰🌱

Chicken Milanese with Parmesan & Rocket 755 Kcal

Chicken fried 🍳🌱🌰🌱🌱 in a light breadcrumb 🍞 (wheat) 🌱🌱 with parmesan 🧀 served with garlic slaw 🍷🌱🌰🌱🌱 & rocket 🍷

Chargrilled Seabream with Greek Island Salad 445 Kcal

Chargrilled 🍳🌱🌰🌱 Seabream 🐟 served on a salad of tomatoes, kalamata olives, Greek peppers, peppers, cucumber & barrel aged feta 🧀 with a fresh oregano dressing 🍷🌱🌰🌱🌱

Fruits de Mer 1490 Kcal

Mussels 🍷, oysters 🍷, crab 🍷, cockles 🍷, prawns & king prawns 🍷. Served with bread roll & butter 🍷🌱🌰🌱, mayonnaise, cocktail sauce 🍷🌱🌰🌱🌱 & salad 🍷🌱🌰🌱🌱

Fritto Misto 750 Kcal

Fried 🍳🌱🌰🌱🌱 calamari 🍷, rockfish 🐟, prawns 🍷 & whitebait 🐟. Served with garlic aioli 🍷🌱🌰🌱🌱

## Today's Landings

All served with your choice of unlimited **chips**      or **salad**   or **minted new potatoes**.

Brill:   

Coley:   

Dover Sole:   

Gurnard:   

Hake:   

John Dory:   

Lemon Sole:   



Lobster:   

Mackerel:   

Megrim:   

Monkfish Tail:   




Monkfish 'scampi':

Fish    breadcrumbed & fried   (wheat)   crisp, served with tartare sauce    

Mussels:

Mussels    cooked in **white wine**  & **garlic butter**   served with **baguette**  (wheat) 

Plaice:   

Ray Wing:   

Red Mullet:   

Sardines:   

Squid   

Turbot:   

White Ling:   

Please check the allergens relevant to the cooking method and sauce that your server presents on your local fish today. Sauces are overleaf

## Sides & Sauces

Chips 420 Kcal      

Fine Green Beans 145 Kcal

Cornish New Potatoes 205 Kcal

House Salad 135 Kcal

With **Rockfish dressing**     

Garlic Slaw 258 Kcal     









Sauteed Spinach  205 Kcal

Yorkshire Garden Peas  195 Kcal

Mushy Peas 80 Kcal 

Curried Mushy Peas 95 Kcal  

Mr Sandhu's Curry Sauce 75 Kcal 

Roasted Garlic Aioli 35g 320 Kcal        

Jalapeno Tartare 35g 195 Kcal        




Vegan Mayonnaise 35g 225 Kcal

Tomato Sauce 35g 148 Kcal 

Oyster Drizzle 8 Kcal

Garlic Butter 35g 205 Kcal       

Kedgeree Butter 35g 240 Kcal       








Tartare Sauce 35g 397 Kcal        

Olive Oil & Lemon 95 Kcal

Bearnaise Butter 35g 190 Kcal       

Romesco Sauce 35g 40 Kcal   (almonds)      

Dill Butter 35g 260 Kcal      

Caper Parsley Butter 35g 190 Kcal       

Anchoiade 35g 190 Kcal      

## Children's Meals

Chips      , garden peas, **mushy peas**  or cucumber. Children's meals include **Vanilla or chocolate Gelato**  135 Kcal

Crisp Fried Market Fish 540 Kcal

Fish  fried      in **Rockfish batter**   (wheat)  

Grilled Market Fish 250 Kcal

Fish  grilled 

Fried Chicken 640 Kcal        

Halloumi  Fried        670 Kcal

## Desserts

Artisan Italian Gelato

Madagascan Vanilla  235 Kcal

Salted Caramel  235 Kcal

Double Chocolate   230 Kcal

Honeycomb  240 Kcal

Lemon Sorbet 165 Kcal

Warm Chocolate Brownie     598 Kcal

Served with **vanilla gelato** 


Sticky Toffee Pudding & Clotted Cream 695 Kcal

Sticky toffee pudding    served with **toffee sauce**   & **clotted cream** 

Crème Brûlée 600Kcal  

Fisherman's Coffee 275 Kcal 

## Drinks

All of our wines contain 

Rockfish Ipa 

(barley & wheat)

Suitable for vegetarians

Rockfish Sea Cider 

Suitable for vegetarians & vegan

Rockfish Lager 

(barley & wheat)

Suitable for vegetarians

Pine Trail Pale Ale 

(barley & wheat)

Island Porter 

(barley & wheat)

Sun Drop

Coba Maya Cerveza  

(barley & wheat)

-  Celery
-  Crustacean
-  Egg
-  Fish
-  Gluten
-  Milk
-  Molluscs
-  Mustard
-  Nuts
-  Peanuts
-  Sesame
-  Soya
-  Sulphites
-  Lupin

Chargrill   

Plancha   

Roasted   

Fried       

**Rockfish batter**  (wheat)       

**Breadcrumbs**   (wheat)     

Fried Gluten free      

**Gluten free batter**  