

THE HARBOUR DRINKS LIST 2022

CASK BEER (PINT)

Adnams Southwold Bitter	£4.50
Adnams Ghost Ship	£4.80
Adnams Broadside	£5.00
Adnams Mosaic	£4.80

KEGGED BEER & CIDER (PINT)

Adnams Wild Wave Cider	£5.00
Adnams Kobold Lager	£5.00
Adnams Dry Hopped Lager	£5.00
Adnams Blackshore Stout	£5.00
Adnams Ease Up	£5.00
Adnams 0.5% Ghost Ship - 131 Kcal	£3.75

BOTTLED/CANNED BEER & CIDER

Adnams 0.5% Ghost Ship 500ml - 115 Kcal	£3.75
Adnams Earl Grey Lager 330ml	£4.25
Adnams Wild Wave Cider 0.5% 330ml - 76 Kcal	£3.50
Bitburger Drive 0.0% 330ml - 73 Kcal	£3.50
Crabbies Alcoholic Ginger Beer 500ml	£5.50
Old Mout Cider 500ml	£5.50
Peroni/Corona	£4.25

SPIRITS (35ML UNLESS STATED)

Adnams East Coast Vodka	£4.10
Adnams Longshore Vodka	£4.30
Adnams Copper House Gin	£4.10
Adnams First Rate Gin	£4.30
Adnams Flavoured/Seasonal Gin	£4.30
Adnams Single Malt Whiskey	£4.90
Adnams Triple Malt Whiskey	£5.30
Other Malt Whiskey	£5.20
Scotch Whisky/Jack Daniels/Southern Comfort	£4.20
Courvoisier Brandy	£5.20
Bacardi	£4.20
Captain Morgan's Rum	£4.20
Archers/Malibu	£3.20
Pimms (50ml) Lemonade, Fruit	£5.20
Adnams Ruby Port/ Sherries (50ml)	£3.70
Baileys Irish Cream (50ml)	£4.20
Martini/Campari/Cinzano (50ml)	£3.20

MINERALS

Fever Tree Mixers 200ml - 72 Kcal	£2.95
Schweppes Mixer 200ml - 70 Kcal	£2.40
Schweppes Mixer 125ml - 40 Kcal	£1.95
Schweppes Juice 200ml - 96 Kcal	£2.60
Frobishers Juices 250ml - 105 Kcal	£3.50
Hartridges Mixed Juices 275ml - 89 Kcal	£3.50
Appletiser - 129 Kcal	£3.50
Big Tom - 43 Kcal	£3.50
Cawston Press 330ml - 89 Kcal	£3.50
Coastal Water 330ml - 0 Kcal	£2.75
½ Pint Postmix (no sugar) - 1 Kcal	£2.40
Pint Postmix (no sugar) - 2 Kcal	£4.60
16oz Postmix (no sugar) - 2 Kcal	£3.75
Canned Mineral (sugar taxed) - 184 Kcal	£3.00
Canned Mineral (no sugar tax) - 2 Kcal	£2.75
Dash Cordial/Postmix - 54 Kcal	£1.00
½ Pint Cordial & Tap Water - 54 Kcal	£1.50
½ Pint Cordial & Soda Water - 54 Kcal	£1.75
½ Pint Juice and Lemonade - 120 kcal	£3.30
Pint Juice and Lemonade - 240 Kcal	£5.00

HOT BREWS

Tea - 1 Kcal	£3.25
Infusions - 1 Kcal	£3.25
Americano - 6 Kcal	£3.25
Latte - 151 Kcal	£3.75
Cappuccino - 123 Kcal	£3.75
Double Espresso - 12 Kcal	£3.75
Espresso - 6 Kcal	£3.25
Hot Chocolate/Mocha - 285 Kcal	£3.75

BAR SNACKS

Burts Crisps (GF) - 250-275 Kcal	£1.35
Salted Peanuts - 619 Kcal	£1.20
Cashew Nuts - 590 Kcal	£1.60

Adults need around 2000 kcal a day