



THE HARBOUR INN

		Kcal	Price
	SMALLER PLATES	KCai	FIICE
(gfa)	Suffolk 'Smokies' (flaked, smoked haddock in a cheese sauce), granary toast	475	£9.00
(gfa)	Smoked haddock and leek chowder, petit pain	550	£9.50
(gfa)	Prawn cocktail, granary bread	410	£9.50
(pb)	Butternut squash, lentil and coconut curried soup with naan bread	320	£7.00
(v)	Adnams Ghost Ship 'rarebit', onion marmalade and Farmhouse sourdough toast	870	£9.00
	Devilled whitebait, tartare sauce and granary bread	670	£9.00
	BIGGER PLATES		
(gf)	Suffolk ribeye steak with chips, grilled mushroom and green peppercorn sauce	1100	£22.50
	Cheddar-glazed seafood pie (cod, smoked haddock, salmon, prawns, boiled egg), garden peas	950	£18.00
(pb)	Moving Mountains vegan burger, vegan brioche bun, baby gem, tomato, red onion, vegan coleslaw, chips	690	£15.00
(gf)	Grilled gammon steak, fried eggs and chips	890	£15.50
(gfa)	Cod and prawn Goan curry with rice and naan bread	720	£17.00
(v)	Classic Mac 'n' cheese, glazed with Suffolk Gold, served with garlic focaccia and salad	790	£15.00
	FROM THE FRYERS		
	Adnams beer battered cod and chips, minted mushy peas or garden peas, lemon, tartare sauce	1450	£17.50
	Adnams beer battered smoked haddock and chips, minted mushy peas or garden peas, lemon, tartare sauce	1420	£17.50
	50p from every fish and chips purchased is donated to support the charitable works of the Adnams Community Trust		
	Breaded wholetail scampi, chips, minted mushy peas or garden peas, lemon, tartare sauce	1135	£16.50
(v)	Adnams beer battered halloumi, chips, minted mushy peas, lemon	1210	£15.50





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	SANDWICHES	Kcal	
	Served on granary bread with salad and crisps		
(v)	Cheddar cheese and Adnams Broadside chutney	545	£8.50
	Suffolk ham and English mustard	420	£8.50
	Prawn and Marie-Rose sauce, baby gem	440	£9.50
	01050		
	SIDES		
(pb)	Mixed salad bowl	95	£3.50
(v)	Garlic bread	254	£4.00
	Cheesy garlic bread	310	£4.50
(gf)	Chunky chips	423	£4.00
	Cheesy chunky chips	490	£4.50
	CHILDREN'S PLATES		
	Scampi and chips, garden peas	460	£8.50
	Battered cod and chips, garden peas	780	£8.50
(gf)	Ham, egg and chips	430	£8.50
	Chicken goujons, chips, garden peas	570	£8.50

DESSERTS

See blackboard at bar for today's selection of desserts

For more information on the Adnams Community Trust please scan the QR code

