



THE HARBOUR INN

STARTERS

		Kcal	Price
	Suffolk Smokies - flaked smoked haddock in a cheese sauce served with toast	500	£9.50
gf pb/gf	Smoked haddock and leek chowder, with petit pain	475	£9.00
	Classic prawn cocktail	285	£9.50
	Crispy fried broccoli, cashew nuts and chilli	190	£8.75
	Salt and pepper squid, mixed leaf salad and garlic mayonnaise	400	£9.00
	Breaded butterfly king prawns with sweet chilli sauce and salad	500	£7.50
	Spiced lamb kofte on flat bread with shredded lettuce, onion and tzatziki	425	£12.50
	FROM THE FRYER		
	Adnams beer battered fish and chips with peas, lemon and tartare sauce 50p from every fish & chips purchased is donated to support the charitable works of the Adnams Community Trust	1325	£18.00
	Wholetail scampi and chips, with peas, lemon and tartare sauce	1135	£18.00
	Battered halloumi and chips with peas, lemon and tartare sauce	1420	£16.50
	MAIN COURSES		
	Harbour fish pie with prawns, salmon, cod, smoked fish and potato gratin, served with peas	950	£18.50
pb	King prawn curry with steamed rice	870	£19.50
	Double smash burger with American cheese, bacon, burger sauce and lettuce, with chips	1220	£17.00
	Homemade five bean chilli with steamed mixed rice	590	£15.00
	Pan fried fillet of sea bass with sauteed new potatoes, greens and salsa verde	800	£18.00
	SIDES		
	Chips / Cheesy chips	425/495 £	4.00/£4.50
	Garlic bread / Cheesy garlic bread	bread 250/325 £4.00/£4.50	
pb	Beer battered frickles, burger sauce	325	£5.00
	New potatoes with garlic butter	450	£5.00

OUR MENUS ARE LOCALLY SOURCED, RESPONSIBLY PRODUCED AND SUSTAINABLY DELIVERED

For dietary requirements or allergy information, please speak to a member of our team. Adults need around 2000 Kcals a day.





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	SANDWICHES SERVED 12-4 PM	Kcal	Price
	All served with crisps and a salad garnish		
V	Cheddar cheese and onion jam	545	£8.50
	Suffolk ham and Stokes piccalilli	420	£9.00
	Battered fish fingers, gem lettuce, red onion and tartare sauce	440	£10.00
	Smoked salmon, pickled cucumber with dill cream cheese	400	£10.50
	CHILDREN'S PLATES		
	All served with chips or mashed potatoes and peas or salad		
	Wholetail scampi	460	£8.50
	Battered cod	680	£8.50
	Suffolk ham and a fried egg	430	£8.50
	Chicken goujons	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



ALLERGENS

g = gluten, ce = celery, cr = crustaceans, e = eggs, f = fish, l = lupin, mi = milk, mo = molluscs, mu = mustard, n = nuts, p = peanuts, ss = sesame seeds, so = soya, sd = sulphur dioxide

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