



## STARTERS

		Kcal	Price
	Suffolk Smokies - flaked smoked haddock in a cheese sauce served with toast <b>(g, f, mi, mu, sd)</b>	500	£9.75
	Breaded butterfly king prawns with sweet chilli sauce and salad <b>(g, cr, e, mu, mi)</b>	500	£9.50
GF/V	Tomato & mozzarella salad with fresh basil, balsamic glaze and olive oil <b>(mi)</b>	195	£9.75
	Smoked haddock and leek chowder, with petit pain <b>(g, f, mi, sd)</b>	475	£9.50
GF	Classic prawn cocktail <b>(cr, e, sd, mu)</b>	285	£9.50
	Salt and pepper squid, mixed leaf salad with garlic mayonnaise <b>(mo, g, mu, e)</b>	400	£9.75

## FROM THE FRYER

	Adnams beer battered fish and chips with peas, lemon and tartare sauce <b>(g, f, so, sd, e, mu)</b> <i>50p from every fish &amp; chips purchased is donated to support the charitable works of the Adnams Community Trust</i>	1325	£18.50
	Wholetail scampi and chips, with peas, lemon and tartare sauce <b>(cr, g, e, mi, mu, so)</b>	1135	£18.50
V	Battered halloumi and chips with peas, lemon and tartare sauce <b>(g, e, mu, mi, so, sd)</b>	1420	£18.50
	Fried sharing plate for two people - salt and pepper squid, breaded prawns and scampi served with chips, dressed house salad, tartare sauce, garlic mayonnaise and sweet chilli dip <b>(cr, e, mu, mi, mo, so)</b>	1450	£30.00

## MAIN COURSES

	Harbour Inn fish pie with prawns, salmon, cod, smoked fish and potato gratin, served with peas <b>(g, cr, e, f, l, mi)</b>	950	£19.50
GF	Pan fried seabass served with sauteed new potatoes, samphire, and a romesco sauce. <b>(f, n, mi)</b>	700	£21.00
VG	Moving Mountains vegan burger, Stokes chutney and chips <b>(g)</b>	590	£17.50
V	Classic macaroni cheese served with garlic focaccia and a mixed salad <b>(g, mi, e)</b>	1125	£16.50
	Harbour Inn smash burger with Suffolk bacon, American cheese, burger sauce and chips <b>(g, mi, m)</b>	1200	£18.00
GF	Smoked Suffolk ham with free range eggs and chips <b>(e)</b>	650	£17.50

## SIDES

GF	Chips / cheesy chips <b>(m)</b>	425/495	£4.00/£4.50
V	Garlic bread <b>(g, m)</b> / cheesy garlic bread <b>(g, m)</b>	250/325	£4.00/£4.50

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.



# THE HARBOUR INN

## SANDWICHES SERVED 12-4PM

		Kcal	Price
	<i>All served with crisps and a salad garnish</i>		
v	Cheddar cheese and Stokes tomato chutney ( <b>g, mi, mu, sd</b> )	545	£9.50
	Suffolk ham, Dijon mustard ( <b>g, mi, mu, sd</b> )	420	£9.75
	Battered fish fingers, gem lettuce, red onion and tartare sauce ( <b>g, mu, sd</b> )	440	£11.00

## CHILDREN'S PLATES

	<i>All served with chips or mashed potatoes and peas or salad</i>		
	Wholetail scampi ( <b>g, e, cr, mi, mu, s</b> )	460	£8.50
	Battered fish ( <b>f, mu, so, sd</b> )	680	£8.50
GF	Suffolk ham and a fried egg ( <b>e</b> )	430	£8.50
v	Battered halloumi ( <b>g, e, mu, mi, so, sd</b> )	420	£8.50
	Chicken goujons ( <b>g, e, mi</b> )	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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