



STARTERS

		Kcal	Price
	Suffolk Smokies - flaked smoked haddock in a cheese sauce served with toast	500	£9.75
	Suffolk pork Scotch egg, served with Stokes sweet chilli jam and salad	525	£11.50
PB	Chickpea falafel with warm pitta bread and a plant-based harissa mayonnaise	600	£9.00
	Smoked haddock and leek chowder with petit pain	475	£9.50
V	Garlic breaded mushrooms with a mixed salad and garlic mayonnaise	390	£9.50
GF	Hot smoked salmon with dill crème fraiche, sweet chilli jam and rocket	325	£13.50

FROM THE FRYER

	Adnams beer battered fish and chips with peas, lemon and tartare sauce <i>50p from every fish & chips purchased is donated to support the charitable works of the Adnams Community Trust</i>	1325	£18.50
	Adnams beer battered smoked haddock and chips with peas, lemon and tartare sauce	1375	£21.50
	Wholetail scampi and chips, with peas, lemon and tartare sauce	1135	£18.50
V	Battered halloumi and chips with peas, lemon and tartare sauce	1420	£18.50

MAIN COURSES

	Harbour Inn fish pie with prawns, salmon, cod, smoked fish and potato gratin, served with peas	950	£19.50
GF	Roast skate wing, garlic and chive butter, new potatoes and salad	390	£24.50
GF	Pan roast Suffolk chicken supreme, mushroom and madeira cream sauce, fondant potato and cavalo nero	625	£19.00
GF/PB	Mixed vegetable Biryani with homemade pakoras	300	£16.00
	Harbour Inn smash burger with Suffolk bacon, American cheese, burger sauce and chips	1200	£18.00
	Suffolk pork sausages, mashed potato, red wine and onion gravy and peas	1050	£17.00

SIDES

GF	Chips / cheesy chips	425/495	£4.00/£4.50
V	Garlic bread / cheesy garlic bread	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 Kcal a day.



SANDWICHES SERVED 12-4PM

		Kcal	Price
	<i>All served with crisps and a salad garnish</i>		
v	Cheddar cheese and Stokes tomato chutney	545	£9.50
	Suffolk chicken, bacon and gem lettuce with garlic mayonnaise	420	£10.75
	Battered fish fingers, gem lettuce, red onion and tartare sauce	440	£11.00

CHILDREN'S PLATES

	<i>All served with chips or mashed potatoes and peas or salad</i>		
	Wholetail scampi	460	£8.50
	Battered fish	680	£8.50
	Suffolk sausage	430	£8.50
v	Battered halloumi	420	£8.50
	Chicken goujons	570	£8.50

DESSERTS

	Sticky toffee pudding, toffee sauce and salted caramel ice cream	£8.50
GF	Vanilla crème brûlée with almond biscuit	£8.50
	Suffolk Meadow ice cream and sorbet (please ask for current selection), price per scoop	£2.50

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



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