



STARTERS

		Kcal	Price
	Suffolk Smokies- flaked smoked haddock in a cheese sauce with toast and mixed salad	500	£10.00
	Smoked Haddock and Leek Chowder with petit pain	575	£11.00
PB/GF	Crispy fried Cauliflower with Asian glaze and mixed salad	375	£9.50
	Devilled Whitebait with tartare sauce and mixed salad	565	£9.00
	Pork and Nduja scotch egg with chilli jam and mixed salad	435	£11.00
PB/GF	Purple sprouting broccoli, dukkah spiced cashew with tahini dressing	175	£9.00

FROM THE FRYER

	Adnams beer battered Haddock 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	£19.75
	Adnams beer battered Smoked Haddock and Chips with peas, lemon and tartare sauce	1375	£22.00
	Wholetail Scampi and Chips, with peas, lemon and tartare sauce	1185	£19.75

MAINS

	Harbour Inn Fish Pie with prawns, salmon, cod, smoked fish and potato gratin, served with peas	1080	£19.75
GF	Fish, coconut and mixed vegetable curry with steamed rice	1150	£19.75
GF	Pan roasted Monkfish with nduja garlic butter, Parmentier potatoes and seasonal greens	1175	£24.00
GF	Roasted Chicken supreme, creamy French style peas and fries	1025	£19.00
	Beef Ragu with pappardelle pasta, parmesan cheese and garlic bread	990	£19.50
V	Vegetable Lasagne with mixed salad and garlic bread	875	£17.50
PB/GF	Seared cauliflower steak with chimichurri, rocket salad and fries	750	£17.50

SIDES

GF	Chunky Chips / French fries, (add cheese for 50p)	425/495	£4.00/£4.50
	Garlic bread / Cheesy Garlic bread	250/325	£4.00/£4.50
	Mixed salad	60	£4.00
	Bread and butter	250	£3.50

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)

All served with mixed salad and crisps

Cheddar Cheese and Stokes Tomato Chutney Sandwich	425	£9.50
Battered Fish Finger Sandwich with Tartare Sauce and Gem Lettuce	665	£11.00
Croque Monsieur with Suffolk Ham and Gruyere Cheese	640	£12.00

SMALL PLATES £11.50

All served with chips and peas or mushy peas (Small plates include tartare & lemon)

Wholetail Scampi	660	£11.50
Battered Fish	680	£11.50
Chicken Goujons	570	£11.50

Separate childrens menu available

DESSERTS

GF/DF Orange sponge with dark chocolate and blood orange sorbet	510	£8.00
GF Vanilla Crème brulee, almond biscuit	550	£8.50
PB/GFA Selection of 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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