

Breakfast Dishes

FULL ENGLISH BREAKFAST <i>bacon, sausage, egg, hash brown, beans, tomato, mushrooms fried bread, black pudding</i>	£10.00
VEGETARIAN BREAKFAST (V) <i>2 eggs, 2 hash browns, beans, tomato, mushrooms, toast</i>	£9.00
SMALL BREAKFAST <i>bacon, sausage, egg, hash brown, beans</i>	£6.00
SCRAMBLED EGGS ON TOAST (V) <i>choice of white or wholemeal toast</i>	£7.00
SMOKED SALMON & SCRAMBLED EGGS ON TOAST <i>choice of white or wholemeal toast</i>	£10.00
EGGS BENEDICT <i>poached eggs & parma ham on a toasted muffin with hollandaise sauce</i>	£9.00
EGGS ROYALE <i>poached eggs & smoked salmon on a toasted muffin with hollandaise sauce</i>	£9.00
SMASHED AVOCADO (V) <i>smashed avocado & poached eggs on wholemeal toast with vine tomatoes</i>	£9.00
TOAST & PRESERVE <i>white or brown bread, jam or marmalade</i>	£3.00
ADDITIONAL ITEMS <i>Sorry, no swaps or alterations but we will be happy to add items as follows:</i>	
BLACK PUDDING, MUSHROOMS, GRILLED TOMATO BEANS, FRIED EGG, POACHED EGG, HASH BROWN	£1.50
BACON RASHER, SAUSAGE, TOAST	£2.00

Breakfast Sandwiches

served on white bloomer bread

BACON	£5.00
BACON & EGG	£6.00
SAUSAGE	£5.00
SAUSAGE & EGG	£6.00
2 EGGS (V)	£5.00

All of our dishes are cooked to order and use fresh produce.
This may cause a delay during busy periods.
If you suffer from an allergy please inform your server before ordering.
We cannot guarantee that any of our dishes do not contain nuts.
All menu items remain subject to daily demand and availability.
All prices include VAT at the current rate.
Gratuities are left at the customer's discretion.

Lunch Sandwiches

served on ciabatta bread with a side order of chips

B.L.T. (Bacon, Lettuce & Tomato)	£11.00
PRAWN WITH MARIE ROSE SAUCE	£11.00
STEAK & HORSERADISH	£12.00
BRIE & CRANBERRY	£10.00
BACON, BRIE & CRANBERRY	£11.00
CHARGILLED CHICKEN WITH GARLIC MAYONNAISE	£11.00
SMOKED SALMON & AVOCADO	£12.00

Lunch Dishes

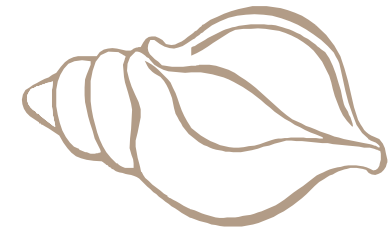
BACON & BRIE OMELETTE <i>served with chips, mixed salad & coleslaw</i>	£11.00
SALMON LINGUINE <i>thin pasta ribbons with cream, smoked salmon & asparagus</i>	£14.00
FISH & CHIPS <i>crispy battered fish & chips, peas & homemade tartar sauce</i>	£16.00
BEEF LASAGNE <i>pasta layers with beef ragù & bechamel sauce</i>	£13.00
VEGETABLE LASAGNE (V) <i>pasta layers with vegetable ragù & bechamel sauce</i>	£12.00
CHICKEN & BACON SALAD <i>served on mixed leaves, with a new potato salad</i>	£13.00
HALLOUMI SALAD (V) <i>grilled & served on mixed leaves, with a new potato salad</i>	£13.00

*breakfast served everyday between 10am & 12noon
lunch served everyday between 12noon & 6pm
main menu served everyday between 12noon & 9.30pm*

*Open every day
between 10am and 11pm*



Eat Drink Enjoy



seashells
lounge bar & restaurant

Menu

Starters

MIXED OLIVES & CIABATTA BREAD (V) with extra virgin olive oil & aged balsamic	£8.00
DUCK LIVER & ORANGE PÂTÉ onion confit, toasted ciabatta & salad garnish	£9.00
HOT GOAT'S CHEESE & BAKED FIELD MUSHROOM topped with roasted vine tomatoes	£8.50
COURGETTE & HALLOUMI FRITTERS homemade courgette & halloumi fritters served with a garlic & chive mayo dip	£9.00
TAPAS SELECTION Spanish cold meats & cheeses with olives, bread, oils & sun blushed tomatoes	£9.50
GAMBERONI KING PRAWNS in white wine & garlic	£11.00
WILD MUSHROOM BRUSCHETTA (V) topped with a poached egg, parmesan shavings & balsamic glaze	£10.00
WHITEBAIT breaded whitebait on a mixed leaf salad served with lemon & parsley mayo	£9.00
PRAWN COCKTAIL SALAD prawns in Marie Rose sauce on a bed of dressed mixed leaves	£8.00
CHEF'S HOMEMADE SOUP OF THE DAY served with ciabatta bread	£7.00

From the Grill

RUMP STEAK griddled & served with homemade onion rings, roasted tomato & fried mushrooms	£20.00
SURF 'N' TURF prime rump steak & two large shell-on prawns, served with homemade onion rings, roasted tomato & fried mushrooms	£25.00
CHARGRILLED RIB EYE STEAK succulent rib eye steak served with homemade onion rings, roasted tomato & mushrooms	£29.50
SIRLOIN STEAK griddled & served with homemade onion rings, roasted tomato & fried mushrooms	£24.00
SIRLOIN PEPE cooked to your liking & topped with chef's special mixed peppercorn sauce	£26.00
SEASHELLS' BURGER pretzel bun with lettuce, tomato, red onion chutney, fries & coleslaw	£14.00

Mains

SLOW ROASTED LAMB SHANK 4-hour slow roasted lamb shank served with a red wine & rosemary jus, potatoes & seasonal vegetables	£20.00
SEASHELLS' FISH PIE succulent pieces of cod & salmon in a white wine sauce topped with fluffy mashed potatoes & vegetables	£16.00
CALVES LIVER WITH BACON AND ONION GRAVY tender slices of liver with caramelised onions & bacon in a rich red wine gravy, with creamy mashed potatoes & vegetables	£19.00
STEAK & ALE PIE traditional dish of tender beef under a puff pastry lid served with new potatoes & seasonal vegetable	£16.00
CHAR-GRILLED CHICKEN breast of chicken wrapped in bacon & topped with melted cheese served in a creamy white wine sauce, seasonal vegetables & potatoes	£17.00
HUNTER'S CHICKEN chicken breast topped with cheese, bacon & BBQ sauce, served with Cajun fries, salad & coleslaw	£17.00
GAMBERONI king prawns in their shells cooked in white wine, butter, garlic & freshly chopped parsley	£22.50
THREE LITTLE PIGS pork fillet stuffed with black pudding & wrapped in bacon, served with a creamy stilton sauce, potatoes & vegetables	£19.50

Vegetarian

VEGETABLE LASAGNE (V) pasta layers with vegetable bolognese & béchamel sauce topped with melted cheese, served with garlic bread	£15.00
WILD MUSHROOM RISOTTO (V) a creamy risotto made with assorted wild mushrooms, parmesan shavings, fresh basil & a drizzle of extra virgin olive oil	£15.00
VEGETABLE CURRY (V, VE) chef's homemade mixed vegetable curry, served with fluffy rice	£16.00

CHEF'S SPECIALS

Our selection of specials changes regularly
using fresh seasonal produce.
Please ask us for today's choice.

Small Appetites

HOME COOKED HAM, EGG & CHIPS sliced home cooked ham with fried egg & chips	£9.00
SAUSAGE AND MASH locally made sausage with fluffy mash & a choice of peas or beans	£8.00
HANDMADE CHICKEN NUGGETS made by our chefs using fresh chicken breast, served with chips, peas or beans	£8.00
TOMATO TAGLIATELLE (V) ribbons of Italian pasta with a fresh tomato napolitana sauce	£7.00
CRISPY BATTERED FISH & CHIPS served with a choice of peas or beans	£9.00

Sides

GARLIC BREAD	£3.50	FRIED MUSHROOMS	£3.50
CHEESY GARLIC BREAD	£4.50	ONION RINGS	£3.50
CHIPS	£3.50	MIXED SALAD	£3.50
CHEESY CHIPS	£4.50	COLESLAW	£2.50
VEGETABLES	£2.50	POTATOES	£2.50
SELECTION OF SAUCES	£3.00		
peppercorn / béarnaise / mushroom & brandy			

Homemade Desserts

VANILLA CRÈME BRÛLÉE served with homemade shortbread	£8.00
ESPRESSO PANNA COTTA with a hazelnut praline & Tia Maria syrup	£8.00
BLACKCURRANT MOUSSE (VE) on a biscuit base & topped with raspberry coulis & fresh berries	£8.00
CHOCOLATE & COCONUT TART with vanilla ice cream	£8.00
WHITE & DARK CHOCOLATE BROWNIE with vanilla ice cream	£8.00
ICE CREAM OR SORBET	
1 scoop	£3.00
2 scoops	£5.00
3 scoops	£6.00
please ask your server for today's flavours	
CHEESE BOARD SELECTION AND BISCUITS enjoy the cheese with a glass of port	£9.00 £11.00