

# THE MEDMERRY

COASTAL KITCHEN | BAR & TERRACE

## LUNCH MENU

Pontoon

Seaweed

Lighthouse

Rocks

Boat

Harbour

Boardwalk

Wave

Knot

Tether

Compass

Marina

Marsh

Bunting

Shells

Rudder

# Order, Dine, Enjoy

SERVED 12:00 UNTIL 16:00

## SOUP

**Soup of the Day** £4.95  
Served with ciabatta bread.  
(Ask a team member for calorie information)

## SANDWICHES

Served on White or Brown Bloomer with Leaf Salad Garnish and Potato Crisps.

**Cheddar Cheese & Chutney** £7.95  
(1006 kcals)

**Ham & Wholegrain Mustard** £7.95  
(846 kcals)

**Prawn Mayonnaise** (904 kcals) £8.95

**Egg & Watercress** (863 kcals) £7.95

## MELTS

Filled Ciabatta Bread served with Leaf Salad Garnish and Chunky Chips.

**Ham & Cheddar Cheese** £8.95  
(1089 kcals)

**Chicken & Chorizo** (1160 kcals) £8.95

**Tuna Mayo & Sweetcorn** £7.95  
(1084 kcals)

**Cheddar Cheese & Red Onion** (1159 kcals) £7.95

## FAVOURITES

**Scampi & Chips** £13.95  
Crispy coated scampi.  
Served with chunky chips, peas, tartare sauce and a wedge of lemon. (809 kcals)

**Beer Battered Fish Goujons** £9.95  
Served in a brioche bun with tartare sauce and chunky chips. (806 kcals)

**Ham, Egg & Chips** £10.95  
(735 kcals)

**Fish & Chips** £13.95

Freshly battered fillet of fish, chunky chips, peas, tartare sauce and a wedge of lemon. (827 kcals)

**NEW Medmerry Ploughman's** £9.95

Carved ham, balsamic pickled onions, Cheddar cheese, apple slices, sourdough and salted butter. (758 kcals)

**NEW Panzanella Salad** £9.95

Gem lettuce, olives, croutons, roast peppers and basil, topped with Parmesan. (334 kcals)

**Add**  
Grilled Chicken Breast (123 kcals) £3.00

## PIZZAS

**Margherita** £10.95  
The classic cheese & tomato  
(907 kcals)

**Pepperoni** (1054 kcals) £12.95

**Ham & Pineapple** (1043 kcals) £12.95

**Chicken & Sweetcorn** (1016 kcals) £12.95

**'The Meaty'** (1191 kcals) £13.95

**Garden Vegetable** (956 kcals) £11.95

## SIDES

**Garlic Bread** (569 kcals) £3.95

**Garlic Bread & Melted Cheese** (731 kcals) £4.95

**Seasonal Vegetables** £3.45  
(143 kcals)

**Chunky Chips** (497 kcals) £3.95

**Truffle & Parmesan Chips** £4.95  
(522 kcals)

**Sweet Potato Wedges** £3.95  
(393 kcals)

**Onion Rings** (499 kcals) £3.95

**Garden Salad** (75 kcals) £2.95

FOR THE  
*Little ones*

**KIDS' MAIN & DESSERT FOR JUST £10**

## KIDS' MAINS



**ALL KIDS' MEALS COME WITH A FRUIT SHOOT**

**House Lasagne** £6.95  
Served with garlic bread. (485 kcals)

**Fish Bites** £6.95  
With chunky chips and peas. (482 kcals)

**Chicken Strips** £6.95  
With chunky chips and beans. (555 kcals)

**Penne Pasta in Tomato Sauce** £6.95  
With cherry tomatoes and garlic bread. (394 kcals)

**3oz Burger** £6.95  
Burger in a bun, served plain or with cheese, and chunky chips. (786 kcals)

**Cheese & Tomato Pizza** £6.95  
Served with a mixed leaf salad. (472 kcals)

**Add Pepperoni** (97 kcals) £1.00

## KIDS' DESSERTS

**Ice Cream & Summer Berry Sundae** £4.95  
Mini white chocolate and raspberry meringue cloud with 2 scoops of award-winning Sussex Ice Cream. Served with berries and topped with strawberry sauce. (288 kcals)

**Brownie Chunks** £4.95  
Cubes of fresh cut brownie with whipped cream and chocolate drizzle. (660 kcals)

**Sussex Vanilla Ice Cream** £3.95  
Served with a wafer and strawberry sauce. (320 kcals)



50p from every kids' meal sold is donated by Cove UK to Teenage Cancer Trust

(V) Vegetarian (GF) Gluten free (VG) Vegan

Our menu descriptions do not include all ingredients. If you have a food allergy, please speak to a member of our team before placing your order. We follow good hygiene practices in our busy kitchens, but unfortunately we cannot guarantee that any of our dishes are completely free of allergens. Some items may contain traces of alcohol. Products are subject to availability. The nutrition values provided are for each complete dish as listed on the menu. Figures are typical and may vary due to seasonal factors and chef practices. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Prices include VAT. Teenage Cancer Trust is a registered charity: 1062559 (England & Wales), SC039757 (Scotland)