

THE MEDMERRY

COASTAL KITCHEN | BAR & TERRACE

MAIN MENU

Order, Dine, Enjoy

STARTERS

Soup of the Day	£4.95
Served with warm bread and butter. (Ask a team member for calorie information)	
NEW Sweet Potato Falafel	£6.95
Served with a lemon and mint yoghurt. (VG) (238 kcals)	
Classic Prawn Cocktail	£7.95
Served with brown bread and butter. (436 kcals)	
NEW Cod Fishcake	£6.95
Served with wilted spinach and a lemon and tarragon mayonnaise. (640 kcals)	
Sweet Chilli Chicken Strips	£6.95
Served with a sweet chilli dipping sauce. (571 kcals)	

MAINS

NEW Treacle Cured Bacon Chop	£12.95
Served with spring onion mash and an apple cider and sage gravy. (1332 kcals)	
Fish & Chips	£13.95
Freshly battered fillet of fish, chunky chips, peas, tartare sauce and lemon. (827 kcals)	
Chicken Ham & Leek Pie	£13.95
Served with seasonal vegetables, crushed new potatoes and as much gravy as you like! (1098 kcals)	
NEW Vegan Feta & Squash Pie	£13.95
Served with seasonal vegetables, garlic crushed potatoes and a vegan gravy. (1052 kcals)	
Medmerry Burger	£13.95
6oz patty in a glazed bun with leaves, 'fast-pickled' red onions, cucumber, tomato, melted Monterey Jack cheese, grilled streaky bacon and our secret sauce. Served with slaw and chunky chips. (1247 kcals)	
Add Beef patty (401 kcals)	£3.95
NEW Cajun Chicken Breast Burger	£13.95
Cajun marinated grilled chicken fillet, American cheese and a chilli and lime mayonnaise served with slaw and chunky chips. (1350 kcals)	
10oz Rump Steak 28 Day Aged	£16.95
Served with chunky chips, flat mushroom, half a grilled tomato and peas. (1259 kcals)	
Add	
Peppercorn Sauce (205 kcals) or	
Blue Cheese Sauce (274 kcals)	£2.45

NEW Spicy Cajun Chicken Pasta	£12.95
Cajun marinated chicken breast, cooked with cherry tomatoes and red peppers in a creamy sauce tossed with penne pasta, served with garlic bread. (1534 kcals)	

House Lasagne	£11.95
Layers of pasta with Bolognese and creamy béchamel. Served with garlic bread. (1175 kcals)	

NEW Southern Fried Chicken Schnitzel	£14.95
Served with buttered mash, spring greens, gunpowder corn, and southern style chicken gravy. (1217 kcals)	

NEW Spicy Bean Burger	£12.95
In a glazed brioche bun with lemon and mint vegan yogurt, pickled onion rings, crispy lettuce and tomato. Served with vegan slaw and chunky chips. (VG) (903 kcals)	

SALADS

NEW Panzanella Salad	£9.95
Gem lettuce, olives, croutons, roast peppers and basil, topped with Parmesan. (V) (334 kcals)	
Add	
Grilled Chicken Breast (123 kcals)	£2.95

PIZZAS

Margherita (V) (907 kcals)	£10.95
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 (V) (956 kcals)	£11.95

SIDES

Garlic Bread (V) (569 kcals)	£3.95
Garlic Bread & Melted Cheese (V) (731 kcals)	£4.95
Seasonal Vegetables (V) (143 kcals)	£3.45
Chunky Chips (V) (497 kcals)	£3.95
Truffle & Parmesan Chips (V) (522 kcals)	£4.95
Sweet Potato Wedges (V) (393 kcals)	£3.95

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. (V) (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. (V) (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)