



SMUGGLERS

SEAFOOD, BAR & GRILL

MAIN MENU

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STARTERS

- Korean Fried Chicken Bao Buns** 7.95
Served with pickled carrot, spring onion, sesame seeds, and a sriracha & lime mayo. (900kcal)
- NEW Glazed Goats Cheese Salad** 7.95
Glazed goats cheese with sweet and sour cherry tomatoes, tossed with mixed leaves and topped with toasted pumpkin seeds and balsamic glaze. (550 kcal)
- NEW Salt & Pepper Squid** 7.95
Served with a garlic and lime aioli. (721kcal)
- Sweet Potato Pakora** 5.95
Served with a tamarind chutney. (553kcal)
- Crispy Chilli & Garlic Tofu Bao Buns** 7.95
Served with gochujang sauce, sesame and pickles. (929kcal)
- Buttermilk Chicken Wings** 6.95
Chicken wings marinated in buttermilk, dusted in a spicy flour and deep fried. Served tossed in a sweet chilli and lime sauce with sweet pickled vegetables. (817kcal)
- Atlantic Prawn Cocktail** 6.95
Fresh Atlantic prawns, dressed in a homemade seafood sauce on a bed of Batavia lettuce. Served with brown bread and butter. (437kcal)

MAINS

- NEW Treacle Cured Bacon Chop** 14.95
Served with creamy spring onion mashed potato, spring cabbage and an apple cider sauce. (1297kcal)
- Chicken & Ham Pie** 13.95
Chicken, ham and leek pie in a creamy white wine, herb and wholegrain mustard sauce, encased in a handcrafted, buttery shortcrust pastry. Served with mash potato, fresh seasonal vegetables and a jug of gravy. (1109kcal)
- NEW Sweet Potato & Red Onion Tart** 12.95
Served with a fennel, apple and tarragon salad and new potatoes. (1052kcal)
- Large Battered Fish & Chips** 14.95
Classic battered fish and chips, served with garden peas and tartare sauce. (865kcal)
- Roast Fillet of Cod** 19.95
Served with crushed potatoes, roast peperonata and a balsamic and salsa verde. (877kcal)
- Chickpea & Spinach Curry** 13.95
Chickpea, sweet potato, onion and spinach curry cooked in a spicy garlic and coconut sauce, finished with fenugreek and curry leaves. Served with basmati rice and chapati. (763kcal)
- Fish Pie** (992kcal) 17.95
Hake, salmon, smoked haddock and king prawns in a gluten free creamy leek sauce, topped with mashed potato and Cheddar cheese. Served with seasonal vegetables. (992kcal)

- Wholetail Scampi & Chips** 13.95
Served with peas and tartare sauce. (774kcal)
- NEW Panzanella Salad** 9.95
Gem lettuce, olives, croutons, roast peppers, basil and parmesan. (344kcal)
- Add:
- Grilled Chicken Breast** (113kcal) 3.00
- King Prawns** (211kcal) 3.00
- Crispy Chilli & Garlic Tofu** (184kcal) 3.00

PASTA

- NEW Slow-Cooked Beef Ragu** 13.95
Beef slow-cooked in red wine, tossed with pappardelle pasta, lemon, basil and Parmesan. (A posh spag bol!) (1043kcal)
- NEW Mozzarella And Sweet & Sour Cherry Tomatoes** 11.95
Sweet and sour cherry tomatoes tossed through linguine pasta with mozzarella and pesto, topped with toasted pine nuts. (979kcal)
- Steak Gorgonzola** 15.95
Fresh pasta tossed in a creamy alfredo sauce, topped with strips of prime rump steak, sun dried tomatoes, and Gorgonzola cheese. (1352kcal)
- King Prawn Mac & Cheese** 15.95
King prawns tossed in a seafood bisque, mixed with a creamy Cheddar and smoked applewood mac & cheese. Topped with a crispy panko herb crumb and served with toasted garlic ciabatta. (1747kcal)
- Italian Tuscan Sausage Rigatoni** 12.95
Freshly minced Italian style sausage with slow-roasted bell peppers, fresh spinach, and rigatoni pasta, tossed in a rich, creamy sauce and finished with a sprinkle of Italian style cheese. (1209kcal)

- NEW Crab Linguine** 14.95
White crab meat in white wine, chilli and tomato sauce garnished with lemon and flat parsley. (652kcal)
- NEW Vegetable Lasagne** 13.95
Served with a side salad and garlic bread. (1203kcal)

FROM THE GRILL

- Classic Cheese & Bacon Burger** 11.95
Tender flame-grilled 6oz burger topped with American cheese, streaky bacon, lettuce, tomato and burger relish in a brioche bun, served with skin-on fries. (1276kcal)
- NEW Chilli & Lime Chicken Burger** 13.95
Marinated chicken fillet, topped with a green chilli and lime relish, tomato, lettuce and smoked applewood cheese. Served in a brioche bun with skin-on fries. (1174kcal)
- The Beyond Burger** 13.95
Delicious plant-based burger topped with vegan smoked Applewood cheese, red onion, and vegan mayonnaise, in a toasted vegan bun served with skin-on fries. (1191kcal)

- 10oz 28-Day Aged Prime Rump Steak** 18.95
Served with skin-on fries, half grilled tomato, mushroom, pea shoots and your choice of sauce. (995kcal)
- 10oz 28-Day Aged Prime Ribeye Steak** 27.95
Served with skin-on fries, half grilled tomato, mushroom, pea shoots and your choice of sauce. (1313kcal)

- Sauces:
- Peppercorn** (211kcal)
- Blue Cheese** (231kcal)
- Garlic Butter** (62kcal)
- Chimichurri Butter** (155kcal)

- Upgrade:
- King Prawns** (353kcal) 5.45
- Truffle & Parmesan Fries** (572kcal) 1.95
- Sweet Potato Fries** (510kcal) 1.95
- 3 Onion Rings** (248kcal) 1.45

SIDES

- Ciabatta Garlic Bread** (569kcal) 3.95
- Ciabatta Garlic Bread With Cheese** (731kcal) 4.95
- Sweet Potato Fries** (510kcal) 4.95
- Skin-On Fries** (488kcal) 3.95
- Giant Onion Rings** (499kcal) 3.95
- Truffle & Parmesan Fries** (572kcal) 4.95
- Chunky Chips** (508kcal) 3.95
- Side Salad With Balsamic Dressing** (75kcal) 2.95

SOMETHING SWEET

- Vegan Sticky Toffee Pudding** 6.95
Sponge served with rich vegan toffee sauce and vegan honeycomb ice cream. (469kcal)
- NEW Meringue Cloud Eton Mess** 6.95
White chocolate and raspberry meringue cloud, with freshly whipped cream and fresh raspberries. (415kcal)
- NEW Apple Crumble** 5.95
Served with vanilla custard or a scoop of Sussex vanilla ice cream. (407/357kcal)
- Ultimate Chocolate Fudge Cake** 7.95
Double layered chocolate cake served warm with Sussex vanilla ice cream. (904kcal)
- NEW Mixed Berry Cheesecake** 5.95
Served with fresh strawberries and strawberry sauce. (346kcal)
- Bowl of Award-Winning Sussex Ice Cream** 3.95
- Choose 3 Scoops:
- Vanilla** (136kcal per scoop)
- Chocolate** (111kcal per scoop)
- Strawberry & Cream** (81kcal per scoop)
- Salted Caramel** (89kcal per scoop)

V Vegetarian **VG** Vegan **GF** Gluten Free

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. Fish dishes may contain small bones. 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.