



SMUGGLERS

SEAFOOD. BAR & GRILL

MAIN MENU



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STARTERS

- V** **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 kcals)
- NEW** Salt & Pepper Squid 7.95
Served with a garlic and lime aioli. (721kcals)
- VG** Sweet Potato Pakora 5.95
Served with a tamarind chutney. (553kcals)
- NEW** Roast King Scallops 12.95
Pea puree, black pudding & crispy bacon. (675kcals)
- Sweet Chilli Chicken Wings 6.95
Crispy coated chicken wings dusted in a spicy flour and deep fried. Tossed in a sweet chilli and lime sauce with sweet, pickled vegetables. (980kcals)
- 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. (437kcals)
- VG** **NEW** Deep-Fried Brie 7.95
Mixed leaf salad, plum & apple chutney. (410kcals)

MAINS

- GF** **NEW** Treacle Cured Bacon Chop 13.95
Served with champ potato, spring cabbage and an apple cider sauce. (1297kcals)
- NEW** House Made Chicken Tikka Masala 13.95
Marinated pieces of chicken breast in aromatic tikka masala sauce, served with rice, poppadom, chapati, sweet potato pakora & minted yoghurt. (1276kcals)
- 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. (1109kcals)
- VG** **NEW** Sweet Potato & Red Onion Tart 12.95
Served with a fennel, apple and tarragon salad and new potatoes. (1052kcals)
- Large Battered Fish & Chips 14.95
Classic battered fish and chips, served with garden peas, chip shop curry sauce, bread & butter, and tartare sauce. (1263kcals)
- GF** Roast Fillet of Cod 19.95
Served with crushed potatoes, roast peperonata and a balsamic and salsa verde. (877kcals)
- VG** 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. (763kcals)

- GF** **NEW** Homemade Fish Pie 17.95
A selection of todays fish & king prawns in a creamy white wine & tarragon sauce, topped with creamy mashed potato & cheese, served with seasonal greens. (1005kcals)
- Wholetail Scampi & Chips 13.95
Served with peas and tartare sauce. (774kcals)
- V** **NEW** Panzanella Salad 9.95
Gem lettuce, olives, croutons, roast peppers, basil and parmesan. (344kcals)
- Add:
Grilled Chicken Breast (113kcals) 3.00
King Prawns (211kcals) 3.00
V Crispy Chilli & Garlic Tofu (184kcals) 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!) (1043kcals)
- V** **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. (979kcals)
- 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. (1352kcals)
- 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. (1747kcals)
- 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. (1209kcals)
- NEW** King Prawn Linguine 14.95
King Prawns in white wine, chilli and tomato sauce garnished with lemon and flat parsley. (675kcals)

FROM THE GRILL

- Classic Cheese & Bacon Burger 13.95
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. (1276kcals)
- 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 charcoal brioche bun with skin-on fries. (1174kcals)
- VG** 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. (1191kcals)

- NEW** Smugglers Mixed Grill 22.95
Half of chicken breast, 4oz rump steak, locally made sausage, pork chop, black pudding, grilled tomato, mushroom, 2 fried eggs, skin on fries, onion rings and your choice of sauce. (1539kcals)
- 10oz 28-Day Aged Prime Rump Steak 18.95
Served with skin-on fries, half grilled tomato, pea shoots and your choice of sauce. (995kcals)
- 10oz 28-Day Aged Prime Ribeye Steak 27.95
Served with skin-on fries, half grilled tomato, pea shoots and your choice of sauce. (1313kcals)
- Sauces:
Peppercorn (211kcals)
Blue Cheese (231kcals)
Garlic Butter (62kcals)
Chimichurri Butter (155kcals)
- Upgrade:
King Prawns (353kcals) 5.45
Truffle & Parmesan Fries (572kcals) 1.95
3 Onion Rings (248kcals) 1.45

SIDES

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

SOMETHING SWEET

- Vegan Sticky Toffee Pudding 6.95
Sponge served with rich vegan toffee sauce and vegan honeycomb ice cream. (469kcals)
- GF** **NEW** Meringue Cloud Eaton Mess 6.95
White chocolate and raspberry meringue cloud, with freshly whipped cream and fresh raspberries. (415kcals)
- NEW** Summer Berry & Apple Crumble 5.95
Served with vanilla custard (309kcals) or a scoop of Sussex vanilla ice cream. (272kcals)
- Ultimate Chocolate Fudge Cake 7.95
Double layered chocolate cake served warm with Sussex vanilla ice cream. (904kcals)
- NEW** Mixed Berry Cheesecake 5.95
Served with fresh strawberries and strawberry sauce. (346kcals)
- Bowl of Award-Winning Sussex Ice Cream 3.95
- Choose 2 Scoops:
Vanilla (249kcals)
Chocolate (261kcals)
Strawberry (188kcals)
Salted Caramel (243kcals)

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.