



SMUGGLERS

SEAFOOD. BAR & GRILL

SUNDAY ROAST MENU

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STARTERS

- V** **Soup of Day** 4.95
Served with fresh Bloomer bread and butter. (Calories may vary)
- 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. (550kcal)
- NEW Salt & Pepper Squid** 7.95
Served with a garlic and lime aioli. (721kcal)
- VG** **Sweet Potato Pakora** 5.95
Served with a tamarind chutney. (553kcal)
- 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. (980kcal)
- 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)
- Ciabatta Garlic Bread With Cheese** 4.95
(731kcal)

MAINS

- GF** **NEW Treacle-Cured Bacon Chop** 13.95
Served with champ 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 mashed potato, fresh seasonal vegetables and a jug of gravy. (1109kcal)
- VG** **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 served with chips, garden peas and tartare sauce. (865kcal)
- NEW Slow-Cooked Beef Ragù** 13.95
Beef slow-cooked in red wine, tossed with pappardelle pasta, lemon, basil and Parmesan. (A posh spag bol!) (1043kcal)
- 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. (1276kcal)

- V** **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
V **Crispy Chilli & Garlic Tofu** (184kcal) 3.00

SUNDAY ROAST

2 Courses £19.95 3 Courses £24.95

- Roast Topside of British Beef** 16.95
Yorkshire pudding, roast potatoes, vegetables and gravy. (931kcal)
- Roast Belly of Pork** 16.95
Crackling, Yorkshire pudding, apple purée, roast potatoes, vegetables and gravy. (1113kcal)
- Roast Half Chicken** 16.95
Yorkshire pudding, stuffing, roast potatoes, vegetables and gravy. (909kcal)
- V** **Nut Roast** 16.95
Butternut squash, sweet potato, carrot, and Cheddar cheese, topped with white onion marmalade, apricots and cranberries, Yorkshire pudding, stuffing, roast potatoes, vegetables and gravy. (827kcal)

FOR THE LITTLE ONES

- Kids' Roast Topside of British Beef** 6.95
Yorkshire pudding, roast potatoes, vegetables and gravy. (461kcal)
- Kids' Roast Chicken Breast** 6.95
Yorkshire pudding, stuffing, roast potatoes, vegetables and gravy. (395kcal)
- Kids' Roast Belly of Pork** 6.95
Crackling, Yorkshire pudding, apple purée, roast potatoes, vegetables and gravy. (553kcal)

SIDES

- V** **Cauliflower Cheese** (299kcal) 4.95
- V** **Smashed Carrot & Turnip, with honey and thyme** (269kcal) 3.95
- V** **Honey Roasted Carrots** (287kcal) 3.95
- V** **Broccoli in Toasted Almond Butter** (231kcal) 3.95
- V** **Creamed Leeks** (530kcal) 4.95
- VG** **Roast Potatoes** (428kcal) 3.95
- V** **Mashed Potato** (324kcal) 3.95

SOMETHING SWEET

- VG** **Vegan Sticky Toffee Pudding** 6.95
Sponge served with rich vegan toffee sauce and vegan honeycomb ice cream. (469kcal)
- GF** **NEW Meringue Cloud Eaton Mess** 6.95
White chocolate and raspberry meringue cloud, with freshly whipped cream and fresh raspberries. (415kcal)
- V** **NEW Summer Berry & Apple Crumble** 5.95
Served with vanilla custard or a scoop of Sussex vanilla ice cream. (407/357kcal)
- V** **Chocolate Fudge Cake** 5.95
Served with Sussex vanilla ice cream. (561kcal)
- V** **NEW Mixed Berry Cheesecake** 5.95
Served with fresh strawberries and strawberry sauce. (346kcal)
- Bowl of Award-Winning Sussex Ice Cream** 3.95
- Choose 2 Scoops:
Vanilla (249kcal)
Chocolate (261kcal)
Strawberry (188kcal)
Salted Caramel (243kcal)

DRINKS

- Americano** 2.89
- Latte** 3.49
- Cappuccino** 3.49
- Flat White** 3.59
- Espresso** 1.99
- Double Espresso** 2.89
- Mocha** 3.49
- Hot Chocolate** 3.59
- Deluxe Hot Chocolate** 4.49
- All Teas** 2.29
- Iced Latte** 3.49
- Iced Latte Vanilla** 3.99
- Iced Latte Caramel** 3.99

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.