



Gluten Free Menu

Hook Bites 7.5 each or 3 for 20

Mixed Marinated Olives 
- garlic, pepper, herb oil

Artisan Bread Selection 
- rustic breads, balsamic, herb oil, tomato pesto

Insalata di Mare
- prawns, squid, octopus, mussels, olive oil, herbs

Parma Ham Wrapped Fish
- locally caught white fish, Parma ham, garlic & herb oil

Mackerel Paté
- homemade mackerel paté, sour dough, green leaf garnish

Whitebait
- garlic, lime & coriander mayo

½ Pint of shell on Prawns
- North Atlantic prawns, lemon aioli

Set Sail 10

Crispy Cuttlefish Calamari
- locally caught cuttlefish, garlic yoghurt

Pan Seared Honey & Chilli King Prawns
- prawns, coriander, lime, toasted sour dough


Grilled Sardines
- locally caught sardines, lemon and herb oil, salad leaves

Halloumi Skewers 
- grilled halloumi, red pepper, pineapple, chilli jam

Albondigas
- Devonshire lamb meatballs, spices, tomato & herb sauce, toasted sour dough

Caught In Between 11

Served with gluten free bread, salad, slaw & sea salted crisps.

- Westcountry Brie, Grape, Chilli Jam, Baby Gem 

- Fish Finger, Rocket, Red Onion & Homemade Tartare

Scallop Shack 12

Five locally caught scallops

- **Garlic, Ginger & Lime**

- **Au Gratin Herbs, White Sauce, Breadcrumbs Panko, Parmesan**



- **Parma Ham Crisp, Garlic, Butter**

Main Haul

We use our own Hook, Line & Sinker IPA, Sicilian lemon and herb batter.

Hook & Line Fish & Chips 16
- locally caught white fish, creamy mushy peas, homemade tartare

Ocean City Chowder 15
- locally caught white fish & shellfish, cream & white wine sauce, hunk of bread

Vegan Fish & Chips   15
- deep fried banana blossom, chips & pickled slaw

Grilled Fish Platter 30
- Parma ham wrapped fish, grilled sardines, scallops, shell on king prawns, cuttlefish, mussels, sourdough with garlic butter & honey soy dip

Moules et Frites 18
- locally caught mussels, served in a white wine garlic sauce, chips and hunk of gluten free bread

Graze & Sail 24.5
- 12oz Ribeye, grilled beef tomato, buttered field mushroom, battered onion rings, chips
Add Garlic Butter Scallops and Shell On Prawns 7.5
Add Peppercorn Sauce 2.5


Cured Mackerel Niçoise Salad 14
Locally caught Mackerel, anchovies, soft boiled egg, olives, green beans, new potatoes, herb oil




Little Sailors 9.5

Fish & Chips

Moules et Frites

Starboard Sides & Sauces

Chips  3.5
Sweet Potato Fries  4.5
Add Cheese  1.75
Pickled Slaw  3
Mushy Peas 3.5
Mixed Leaf Salad  3

Katsu Curry Sauce  2.5
Lemon Aioli  2
Aioli  2
Tartare 2
Sriracha Mayo 2
Spiced Rum BBQ 2.5



VEGETARIAN



VEGAN

All our dishes are cooked fresh to order. Please advise a member of staff of any allergies prior to ordering. Full allergen information is available on request and while every care is taken, all dishes are prepared in the kitchen where allergens may be present.