



# GLUTEN FREE MENU

## HOOK BITES 7 EACH OR 3 FOR 20

### INSALATA DI MARE

- prawns, squid, octopus, mussels, olive oil, herbs

### CHILLI HONEY CHORIZO

- mini chorizo sausages, honey, chilli

### PARMA HAM WRAPPED FISH

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

### MIXED GARLIC OLIVE

- olive selection, garlic, herb oil

### MACKEREL PATE

- Hook & Line mackerel pate, sour dough bread, green leaf garnish

### POMEGRANATE, WALNUT, GRAPEFRUIT, FETA & ROCKET SALAD

## SET SAIL 9.5

### CRISPY CUTTLEFISH CALAMARI

- locally caught cuttlefish, wild garlic yoghurt

### PAN SEARED HONEY & CHILLI KING PRAWNS

- prawns, coriander, lime, toasted gluten free bread

### HONEY & SOY GLAZED OCTOPUS

- grilled local octopus, honey, soy, pickled rhubarb

### GRILLED SARDINES, LEMON HERB OIL & DRESSED SALAD

- local sardines, lemon, herb, salad leaves

### GRILLED TERIYAKI SKEWERS

- teriyaki, scallops, prawns, day boat fish, seasonal vegetables

### HALLOUMI FRIES, DRESSED SALAD & CHILLI JAM

- halloumi, lemon tonic batter, chilli jam

## SCALLOP SHACK @ THE HOOK & LINE 11

### FIVE, LOCALLY CAUGHT SCALLOPS

- GARLIC, CHILLI, GINGER, CRISPY CHORIZO & SOY GLAZE

- PARMA HAM, GARLIC & CREAM

- GARLIC BUTTER & LIME

## MAIN HAUL

### HOOK & LINE FISH & CHIPS 15

- locally caught white fish, creamy mushy peas, homemade tartare

### VEGGIE FISH & CHIPS

- deep fried halloumi, rustic slaw, creamy mushy peas

### GRILLED FISH PLATTER 25

- sardines, parma ham wrapped fish, scallops, shell on king prawns, octopus, cuttlefish, mussels, gluten free bread with garlic butter & honey soy dip

### OCEAN CITY CHOWDER 14

- local white fish & shellfish, cream & white wine sauce, gluten free bread

## CAUGHT IN BETWEEN 9

Sandwiches served with rustic slaw, sea salted crisps on gluten free bread

### WESTCOUNTRY BRIE, GRAPE, CHILLI JAM, ROMAINE LETTUCE

### FISH FINGER, ROCKET, RED ONION & HOMEMADE TARTARE

## LITTLE SAILORS 9

### FISH & CHIPS

HALLOUMI & CHIPS 

## STARBOARD SIDES & SAUCES

CHIPS 3.5

ADD CHEESE 1.5

CRUSHED NEW POTATOES 4

RUSTIC SLAW 3

RAINBOW CHARD 4.5

MUSHY PEAS 3

AIOLI 2

TARTARE 2

SRIRACHA MAYO 2

SPICED RUM BBQ 2



VEGETARIAN



VEGAN

All our dishes are cooked fresh to order. Please ask about our vegetarian or vegan options. Full allergen information is available on request, please advise a member of staff of any allergies prior to ordering.

While the upmost care is taken, all dishes are prepared in the kitchen where allergens may be present.