

Gluten Free Menu

Hook Bites

Bread & Balsamic Oil (V)	6.5
Mixed Olives (GF)	4.5
Anchovies	4.5
Bread & Hummus (V)	4.5

Set Sail

Spiced Calamari Cornish cuttlefish, cuttle ink aioli	12
Thai Fish Cakes locally caught whitefish, ginger, chilli, lemon grass, sweet chilli dip	12
Insalata Di Mare selection of marinated seafood, mixed leaf, citrus vinaigrette	9
Tiger Prawn Cocktail baby gem lettuce, marie rose sauce	10
Crispy Whitebait lemon aioli	9
Smoked South West Mackerel & Lime Paté toasted gluten free bread	9
Sundried Tomato Arancini (GF)	10
spiced tomato relish	

Shucks Ahoy

Three Rock Oysters	14
Six Rock Oysters - mignonette, tabasco, lemon	20
Five Locally Caught Scallops, Seared - pea puree, chorizo - garlic & tarragon butter	15
Three Baked Gratin Devon Caught Scallops - white wine, garlic butter	13

Starboard Sides & Sauces

Chips (GF)	4.5
Herb roasted new potatoes (V)	4.5
Buttered greens (V)	4.5
Onion rings (GF)	4.5
Mushy peas (GF)	3.5
Garden peas (GF)	3.5
Lime & coriander slaw (GF)	3.5
Homemade Tatare Sauce (GF)	3.5
Katsu Curry (GF)	3.5
Lemon Aioli (GF)	3.5
BBQ (GF)	3.5
Bearnaise (V)	3.5

Main Haul

Ask your server for today's catch, hooked and cooked by us!	Market Price
5 Grilled Sardines lime & coriander slaw, toasted gluten free bread	16
Hook & Line Fish & Chips locally caught white fish, mushy peas, homemade tartare	19.5
Ocean City Chowder locally caught whitefish, mussels, potato, sweetcorn, gluten free bread	18.5
Monkfish Coconut Curry steamed rice, gluten free bread	
Chickpea & Butternut Squash, Coconut Curry (GF)	
steamed rice, gluten free bread	
Seafood Platter oysters, sardines, cuttlefish calamari, garlic butter prawns, smoked mackerel paté, baked scallops, mussels, lemon aioli and gluten free bread	55
Westcountry Mussels & Chips classic - white wine, garlic, cream spiced marinara - tomato, garlic, onion thai style - coriander, chilli & lime	22
Graze & Sail sirloin 10oz, chips, onion rings, mushroom, bearnaise sauce Add prawns and scallops + 7	35
Cannellini Bean Marinara (GF)	17
toasted gluten free bread	

Caught in Between

Fish Finger Sandwich breaded locally caught white fish, baby gem lettuce, homemade tartare sauce, gluten free bread	
Brie & Grape Sandwich (V)	
sriracha sauce, gluten free bread	
3 Filled Tortillas shredded iceberg, coriander, chermoula, sriracha, lemon aioli, lime & coriander slaw	
Fish (grilled or fried)	17
Prawn (grilled or fried)	18
Mushroom (GF)	15
BBQ Steak	18

Little Sailors 12

Fish & Chips with garden peas
Mussels & Chips
Taco & Chips (Fish or Vegan)
Steak & Chips with garden peas



VEGETARIAN



VEGAN

We're an independent seafood restaurant, with our own fleet of UK fishing vessels. The scallops and most other shellfish and white fish on our menu are caught by us. Wherever possible, all other produce is sourced locally, with sustainability, conservation and seasonality in mind.

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.