

Gluten Free Menu

Hook Bites

Bread & Balsamic Oil (V)	6.5
Mixed Olives (V)	4.5
Anchovies	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, toasted gluten free bread, marie rose sauce	12
Crispy Whitebait lemon aioli	9
Smoked Mackerel & Lime Paté toasted gluten free bread	9
Pan Fried Goat's Cheese (V) Roasted Beetroot, Raspberry Coulis	10
Oven Dried Tomato Arancini (V) spiced tomato relish	10
Mini Chorizo sweet chilli glaze	9
Hummus & Gluten Free Bread (V) oven dried tomatoes	9

Shucks Ahoy

Three Rock Oysters	14
Six Rock Oysters tabasco, lemon	22
Five Locally Caught Seared Scallops - pea puree, chorizo - garlic & tarragon butter - white wine, orange cream	16

Hook & Line Burgers

All served on a gluten free bun with a side of chips

Classic Cheeseburger 100% beefburger, cheddar cheese, tomato, lettuce, gherkin, fried pickle	19.5
Fried Chicken Burger chicken breast, tomato, lettuce	18.5
Mackerel Fillet Burger lettuce, tomato, horseradish cream	16

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	17
Hook & Line Fish & Chips locally caught white fish, homemade tartare	19.5
Monkfish Scampi & Chips locally caught breaded monkfish, tartare sauce	20
Chip Shop Classics mushy peas, katsu curry, pickled onion	5
Ocean City Chowder locally caught whitefish, mussels, potato, sweetcorn, gluten free bread	20
Monkfish Coconut Curry steamed rice, gluten free bread	24
Chickpea & Butternut Squash, Coconut Curry (V) steamed rice, gluten free bread	17
Seafood Platter oysters, sardines, cuttlefish calamari, garlic butter prawns, smoked mackerel paté, scallops, mussels, lemon aioli and toasted gluten free bread	55
Westcountry Mussels & Chips classic - <i>white wine, garlic</i> thai style - <i>coriander, coconut milk, chilli, lime</i>	22

Filled Tortillas

3 tortillas with shredded iceberg, coriander, chermoula,
sriracha, lemon aioli, lime & coriander slaw

Fish (<i>grilled or fried</i>)	17
Prawn (<i>grilled or fried</i>)	18
Chicken (<i>grilled or fried</i>)	17
Beetroot & Roasted Chickpea (V)	16

Little Sailors

Fish & Chips with garden peas	
Mussels & Chips	
Taco & Chips (see above)	
Monkfish Scampi & Chips with garden peas	
Chicken Goujons & Chips with garden peas (<i>grilled or fried</i>)	

Starboard Sides & Sauces

Chips	4.5 (V)	Mushy peas	3.5 (V)	Pickled Onion	0.8 (V)
Herb roasted new potatoes	4.5 (V)	Garden peas	3.5 (V)	Homemade Tartare Sauce	3.5 (V)
Buttered greens	4.5 (V)	Lime & coriander slaw	3.5 (V)	Katsu Curry	3.5 (V)
Onion rings	4.5 (V)	Garden Side Salad	4.5 (V)	Lemon Aioli	3.5 (V)

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.