

# Gluten Free

## Small Plates

<b>Gluten Free Bread, Balsamic, Olive Oil</b> 	<b>7</b>
<b>Hook Bites Platter</b>  olives, hummus, sundried tomatoes, gluten free bread, tzatziki	<b>Small Plate 9.5</b> <b>Sharing Plate 15</b>
<b>Spiced Calamari</b> Cornish cuttlefish, cuttle ink aioli	<b>12</b>
<b>Crispy Whitebait</b> local whitebait, lemon aioli	<b>10</b>
<b>Scotch Egg</b> free range egg, sausage meat, homemade piccalilli	<b>9.5</b>
<b>Mini Chorizo</b> chorizo sausage, sweet chili glaze	<b>9.5</b>
<b>Smoked Mackerel &amp; Lime Pate</b> locally smoked mackerel, gluten free bread	<b>11</b>
<b>Sun Dried Tomato Arancini</b> 	<b>10</b> sun dried tomato, arborio rice, spiced tomato relish

## Gluten Free Sandwiches

Served with Burts crisps & salad

<b>Devonshire Crab, Cracked Black Pepper &amp; Lemon</b>	<b>14</b>
<b>Crispy Free Range Chicken, Lettuce &amp; Lemon Aioli</b>	<b>14</b>
<b>Mature Devon Cheddar Cheese &amp; Pickle</b>	<b>12</b>
<b>Roasted Red Pepper &amp; Butternut Squash</b> 	<b>12</b>
<b>Honey Roasted Ham &amp; Mustard</b>	<b>13</b>

## Shucks Ahoy

<b>Three Rock Oysters</b>	<b>14</b>
<b>Six Rock Oysters</b> tabasco, lemon	<b>24</b>
<b>Five Locally Caught Scallops</b> - pea puree, chorizo - garlic & tarragon - beurre noisette, squid ink	<b>16</b>

Our scallops are caught by our own fleet  
of commercial fishing boats and processed  
by us on Plymouth Fish Quay





## Main Haul

<b>Ask your server for today's catch, hooked and cooked by us!</b>	<b>(Market Price)</b>
<b>Fish &amp; Chips</b> locally caught white fish, homemade tartare	<b>20</b>
<b>Langoustine Scampi &amp; Chips</b> langoustine tails, homemade tartare	<b>19</b>
<b>Lamb Kebabs</b> Devonshire lamb, gluten free taco, tzatziki, pico de gallo, salad	<b>19</b>
<b>Devonshire Crab, Prawn, Avocado Salad</b> mixed crab meat, marie rose sauce,	<b>19</b>
<b>Oyster Mushroom &amp; Pea Risotto</b> 	<b>17</b>
<b>Seafood Chowder</b> locally caught whitefish, mussels, prawns, potato, sweetcorn, gluten free bread	<b>20</b>
<b>Seafood Platter</b> oysters, whitebait, cuttlefish calamari, garlic butter prawns, smoked mackerel pate, scallops, mussels, lemon aioli, gluten free bread	<b>55</b>
<b>Classic Mussels and Chips</b> white wine, garlic	<b>22</b>

## Gluten Free Tacos










Each filled with shredded iceberg, lemon aioli, pico di gallo  
and your choice of mango salsa, chermoula or sweet chilli

<b>Fish</b> (grilled or fried)	<b>16</b>
<b>Prawn</b> (grilled or fried)	<b>17</b>
<b>Halloumi</b> (grilled or fried) 	<b>15</b>
<b>Chicken</b> (grilled or fried)	<b>15</b>
<b>Oyster Mushroom</b> 	<b>15</b>

## Little Sailors

<b>Fish &amp; Chips</b> with garden peas
<b>Gluten Free Taco &amp; Chips</b> (see above)
<b>Mussels &amp; Chips</b>
<b>Scampi &amp; Chips</b> with garden peas
<b>Chicken Goujons &amp; Chips</b>

## Starboard Sides & Sauces

<b>Chips</b> 	<b>4.5</b>	<b>Mushy Peas</b> 	<b>4</b>
<b>Chip Shop Classic</b>  (mushy peas, katsu curry, pickled onion)	<b>6</b>	<b>Garden Peas</b> 	<b>3.5</b>
<b>Herb Roasted Potatoes</b> 	<b>4</b>	<b>Tartare Sauce</b> 	<b>3.5</b>
<b>Onion Rings</b> 	<b>4</b>	<b>Katsu Curry</b> 	<b>4</b>
		<b>Pickled Onion</b> 	<b>.8</b>

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.



VEGETARIAN



VEGAN