Avocado V £4 | 130 kcal • Tiger Prawns £6 | 119 kcal • Chicken £5 | 134 kcal

Add a little extra...

HARBOUR BAR + RESTAURANT

PB cheese, guacamole, maple mustard | 784 kcal

Vegan Burger VG

Artisan Bread Board - for two to share V	82	⋖	Pan-Fried Scallops GF Black pudding, apple and watercress 547 kcal	£15
Whipped butter, sea salt 440 kcal		ш	Black poduling, apple and watercress 347 kcal	
New Season English Asparagus V	£15	¥ ⊢	Grilled Tiger Prawns GFA	£14
Hollandaise sauce, poached hen's egg 388 kcal		RUSTAC	Samphire, garlic butter, ciabatta 333 kcal	
Fritto Misto	£12	O	Steamed Mussels GFA	£11 / £19
Fried prawns, squid, whitebait, courgettes and fennel,			Ocean cider, chorizo, cream, parsley, sourdough 318/638 kcal	
wild garlic mayonaise 613 kcal				
Twice Baked Cheese Soufflé GFA	£10.50			
Aged cheddar, cream sauce 747 kcal				
Steak Tartare	£14			
Cackleberry hen's egg, dripping toast 318 kcal				
Flat Iron Chicken GF	£25		Market Fish of the Day GFA Served whole, grilled or poached	MF
Chargrilled Tenderstem®, preserved lemon and chilli 917 kcal	125		Served Whole, gillied of poached	
			R2R Fish & Chips GFA	£20.50
10oz 28-Day Aged Ribeye GFA	£35	SEAFOO	Thick cut chips, smashed peas and tartare sauce 844 kcal	
Beach Club steak salad, thick cut chips 813 kcal	0.7	A H	Herb Crusted Cod GFA	£24
Add your choice of sauce: Peppercorn 201 kcal • Béarnaise 387 kcal • Garlic butter 148 kcal	£3	SE	Chorizo, tomatoes, chickpea and white beans 917 kcal	
Smoked Tomato, Spinach & Broad Bean Gnocchi VGA	£19		Shellfish Linguine	£24
Cream sauce 720 kcal	£17		Mussels, squid, crayfish, fresh chilli, cherry tomatoes, cream 612	2 kcal
Lamb Rump	£26			
Sweet young peas, broad beans, bacon, baby gem 813 kcal				
Heritage Potato, Asparagus Wellington (VG)	£22			
Spinach and tomato 616 kcal				
Sweet Potato, Broccoli, Fregola & Tomato Salad VG	£14		Beach Club Burger	£19
Harissa oil 437 kcal		SS	Dry aged beef, cheese, guacamole, maple mustard 785 kcal	
Classic Caesar GFA	£17	E R	Trawlerman's Roll GFA	£17
Gem lettuce, croutons, soft hen's egg, anchovies, Parmesan 447 k	ccal	BURGE	Seared sea bass, tartare sauce, crispy lettuce 786 kcal	
Add a little extra		B	Vegan Burger VG	£18

Truffle & Parmesan Fries GF 296 kcal Heritage Potatoes V Soft herb butter 312kcal Buttery Mashed Potato V, GF Chives 318 kcal Asparagus, Peas & Samphire VG, GF 312 kcal Mac & Three Cheese Mozzarella, aged cheddar, Parmesan 422 kcal Seasonal Beans & Greens V, GF 189 kcal Green salad V, GF House dressing, radish, crispy shallots 72 kcal		
Soft herb butter 312kcal Buttery Mashed Potato V, GF Chives 318 kcal Asparagus, Peas & Samphire VG, GF 312 kcal Mac & Three Cheese Mozzarella, aged cheddar, Parmesan 422 kcal Seasonal Beans & Greens V, GF 189 kcal Green salad V, GF	Truffle & Parmesan Fries GF 296 kcal	£
Chives 318 kcal Asparagus, Peas & Samphire VG, GF 312 kcal Mac & Three Cheese Mozzarella, aged cheddar, Parmesan 422 kcal Seasonal Beans & Greens V, GF 189 kcal Green salad V, GF	<u> </u>	£
Mac & Three Cheese Mozzarella, aged cheddar, Parmesan 422 kcal Seasonal Beans & Greens V, GF 189 kcal Green salad V, GF		£
Mozzarella, aged cheddar, Parmesan 422 kcal Seasonal Beans & Greens V, GF 189 kcal Green salad V, GF £	Asparagus, Peas & Samphire VG, GF 312 kcal	£
Green salad V, GF £		£
·	Seasonal Beans & Greens V, GF 189 kcal	£
	·	£

Skinny Fries VG, GF | 225 kcal

SIDES

£18

Join the club @harbour_beachclub

V vegetarian • VG vegan • VGA vegan available GF gluten-free • GFA gluten-free available

50p from every sale of this dish will go to Room To Reward, a unique charity that utilises unsold hotel rooms to enable charities and communities to thank their dedicated volunteers with a well-earned short break.

If you are concerned about any food allergies or dietary requirements please speak to a member of the team who would be delighted to assist. Calories are an approximate guide only. Adults require approximately 2000 kcal a day. All prices are inclusive of VAT and a discretionary gratuity of 12.5% is added to the total bill and divided fairly between the team and independently from the business.

HARBOUR

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