

-LUNCH-

light bites

- Chicken Popcorn**, saffron aioli *340 kcal* **7**
- Tempura Prawns**, sweet chilli sauce *167 kcal* **4 each**
- Artisan Bread**, oil and balsamic **V** *352 kcal* **5**
- Spiced Tempura Vegetables**, a selection of tempura vegetables with dipping sauce **V** *217 kcal* **6**
- Honey Glazed Pigs in Blankets**, toasted sesame seeds *517 kcal* **6**

starters

- Soup of the Day**, Croutons, grated cheese **V** **7**
- Grilled Fillet of Mackerel**, potato and crab salad, pickled cucumber, saffron emulsion **GF** *488 kcal* **10**
- Ham Hock & Spring Pea Terrine**, piccalilli, toasted sourdough *538 kcal* **10**

mains

- R2R** **Fish & Chips**, thick cut chips, smashed peas, tartare *825 kcal* **19**
- Smoked Tomato, Spinach & Broad Bean Gnocchi**, cream sauce **VGA** *720 kcal* **19**
- Flat Iron Steak**, tomato, mushroom, fries **GF** *908 kcal* **22**
Add peppercorn sauce *201 kcal* **3**
- Cheeseburger**, slab bacon, relish, skinny fries *785 kcal* **18**
- Chicken Caesar Salad**, hen's egg, romaine lettuce, croutons, anchovy, Caesar dressing *483 kcal* **16**

sandwiches

- Harbour Club**, grilled chicken, bacon, mayo, hen's egg, lettuce and tomato on toasted bloomer *664 kcal* **14**
- Fish Finger**, chopped iceberg lettuce, tartare sauce *391 kcal* **14**
- Toasted Brie & Red Onion Marmalade** **V** *672 kcal* **10**
- Honey Roast Ham**, Dijonnaise dressing, green salad leaves *403 kcal* **10**
- Smoked Salmon**, dill crème fraîche, cucumber, lemon *435 kcal* **10**

sides

- Skinny Fries** **VG** *255 kcal* **5**
- Thick Cut Chips** **VG** *294 kcal* **5**
- Posh Fries**, Parmesan and truffle oil *296 kcal* **6**
- New Potatoes** **V,GF** *353 kcal* **5**
- Three Cheese Truffle Mac & Cheese** *286 kcal* **6**
- Seasonal Greens** **V,GF** *189 kcal* **5**
- Mixed House Salad** **V,GF** *136 kcal* **5**

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

 @foweyharbourhotel

R2R 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.

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

KITCHEN, BAR & TERRACE