

SOLE BAY INN

SMALL PLATES & STARTERS

	Kcal	Price
Homemade soup of the day, granary bread and butter	164	£6.50
(v) Creamy chestnut mushrooms on toast, blue cheese crumb	287	£7.50
(gf) Lemon and dill cod goujons, Jalapeño tartare and dressed leaves	360	£7.50
(gf) Cajun breaded Brie, cranberry chutney and green leaf salad	318	£7.50

SOLE FOOD

Monterey Chuck Beef Burger: Two 4oz burgers, Monterey Jack cheese and pickle in a toasted brioche bun with fries and slaw	948	£15.00
8oz Rump steak, confit cherry tomatoes, parmesan fries, dressed leaves and peppercorn sauce	1351	£19.50
(pb) Banana Blossom, Andams Blackshore Stout batter, fries, vegan slaw and minted mushy peas	1005	£15.00

SEAFOOD

Catch of the Day (check our Specials Board)

Adnams beer battered cod, chunky chips, minted mushy peas and tartare sauce	1005	£15.00
Whitby wholetail scampi, chunky chips, dressed green leaf salad and tartare sauce	514	£14.50

SOMETHING EXTRA

Chunky chips (add cheese £1)	445	£3.50
Skinny fries (add cheese £1)	460	£3.50
Onion rings	189	£3.50
Garlic bread	230	£3.50
Seasonal vegetables	455	£3.00
Mac 'n' cheese	310	£3.50

OUR MENUS ARE LOCALLY SOURCED, RESPONSIBLY PRODUCED AND SUSTAINABLY DELIVERED

(pb) = Plant Based / Vegan (v) = Vegetarian (gf) = Gluten Free (df) = Dairy Free
For allergy information, please speak to a member of our team.

Adults need around 2000 Kcal a day.

ADNAMS.
SOUTHWOLD

SOLE BAY INN

LUNCH SANDWICHES (12-5PM)

	Kcal	Price
Choice of white Chiappini, granary Chiappini or gluten free bun, with mixed green leaf salad and house slaw.		
Chunky fish fingers and minted mushy pies	457	£8.00
Pigs in blankets and apple sauce	314	£8.00
(v) Mozzarella, pesto, sundried tomato and rocket	360	£8.00

CHILDREN'S MENU

Served with your choice of baked beans (120kcal) or garden peas (90kcal).

Chunky fish fingers and fries	390	£7.50
4 oz beef burger and fries	530	£7.50
Pigs in blankets and fries	622	£7.50
(v) Mac 'n' cheese	310	£7.50

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