

SOLE BAY INN

	Kcal	Price
LIGHT BITES & STARTERS		
Soup of the day served with Granary Bread (v) (substitutions available for gf)	289	£8.95
Filo & Twine Sourdough with Balsamic Butter	250	£5.95
Halloumi fries served with sweet chilli, dressed leaf	713	£8.50
Whitebait served with lemon & black pepper mayo with dressed leaf	481	£9.50
Battered Calamari with sweet chilli sauce and dressed leaf	540	£9.95

MAINS

Adnams beer battered catch of the day, served with chunky chips, minted mushy peas, katsu curry sauce and tartar (df) (gf option) <i>50p from every fish and chips purchased is donated to support the charitable works of the Adnams Community Trust</i>	1150	£18.50
Scampi served with chunky chips, tartar sauce, mixed leaf or minted mushy peas (df)	1026	£17.50
Broadside Mac and Cheese Rarebit, Topped with Baron Bigod and crispy onions served with Filo & Twine Sourdough	1200	£14.50
Vegan Burger served in a vegan brioche bun with sweet chilli mayo, gherkins, gem lettuce, pickled slaw and fries (ve)	724	£15.50
5oz Rump Steak Burger served in a Seeded brioche bun, beef dripping IPA onions, burger sauce Monterey jack & burger cheese, pickles and crispy onion parmesan fries (substitutions available for gf)	934	£17.50
Add an extra 5oz patty for £3.00		

Food times: Monday-Saturday 12pm-2.30pm and 6pm-8.30pm & Sunday 12pm-4pm

Our menus are locally sourced, responsibly produced and sustainably delivered

(ve) = vegan (v) = vegetarian (gf) = gluten free (df) = dairy free (pb) = plant based

For allergy information, please speak to a member of our team

For more information on the Adnams Community Trust please scan the QR code



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KIDS

	Kcal	Price
Fish and chips served with beans or peas (df)	527	£9.00
Beef Burger and fries served with beans or peas	465	£9.00
Scampi and chips served with beans or peas (df)	541	£9.00
Macaroni and cheese	489	£8.00

SIDES

Chunky Chips	£4.95
Fries	£4.95
Garden Peas	£2.50
Mushy Peas	£2.50
Curry Sauce	£2.50
Tartar sauce	£2.00
Dressed Leaf	£2.50
Bread and Butter	£3.95