

SOLE BAY INN

LIGHT BITES & STARTERS		
Filo & Twine sourdough, balsamic butter	Kcal 374	Price £6.50
Soup of the day with granary bread	var	£8.50
Crispy whitebait with lemon and black pepper mayonnaise	402	£8.50
Half pint of shell on prawns, Marie Rose sauce, sweet chilli and granary bread	396	£8.95
Game & pork terrine, sourdough crostini and red onion marmalade	412	£8.95
Slow cooked beetroot, goats' cheese, walnut salad and balsamic reduction	364	£8.50
Buttermilk chicken wings / Cauliflower option (VG)		£9.50
- Korean BBQ, sesame, spring onion	546	
- Buffalo ranch dressing	589	
MAINS Adnams beer battered catch of the day with chunky chips, homemade tartar sauce, and minted mushy peas (add katsu curry sauce 50p) (GFA) (DF) 50p from every fish and chips purchased is donated to support the charitable works of the Adnams Community Trust	1150	£19.00
Wholetail breaded scampi with chunky chips, homemade tartar sauce & garden peas (DF)	1026	£17.50
Malaysian vegetable, chickpea, pak choi and mangetout curry served with coconut rice, poppadom's and mango chutney (VE)	627	£15.50
Malaysian prawn and cod curry served with coconut rice, poppadom's and mango chutney	886	£18.50
Blythburgh pork sausages, confit garlic, mash, broccoli and onion gravy	1074	£16.50
Slow cooked Suffolk venison and red wine ragu, tagliatelle, parmesan and rocket	928	£17.95
Rump steak burger topped with Monterey Jack American style cheese, burger sauce, Adnams IPA onions, gem and pickles served in a Filo & Twine brioche bun with crispy onion and Parmesan topped fries (add another 4ox burger £3.50) (GFA)	1550	£16.95
Adnams Broadside macaroni cheese, topped with Baron Bigod brie, served with toasted Filo & Twine sourdough bread	912	£15.50
Vegan burger served in a vegan brioche bun with pickled slaw, sweet chilli vegan mayo and gherkins served with fries (VE)	724	£14.95

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

Our menus are carefully sourced, responsibly produced and sustainably delivered. For allergy information, please speak to a member of our team.



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SANDWICHES (lunch only) All our sandwiches are served on granary bread, gluten free options available		Kcal	Price	
Battered fish goujons with tartare, gherkins and gem lettuce		531	£9.95	
Cleveley's Blythburgh pork sausage, caramelised onions		584	£9.95	
Chedder and red onion marmalade		498	£7.95	
Add fries for £3!				
CHILDREN'S MENU			77 1	ъ.
Fish and chips with baked beans or peas (DF)			Kcal 527	Price £9.50
Cheeseburger and fries with beans or peas		465	£9.50	
Scampi and chips with beans or peas (DF)		541	£9.50	
Macaroni and cheese (V)			489	£8.50
SIDES/SMALL PORTIONS	3 FOR £14		Kcal	Price
Whitebait			184	£6.00
Mozzarella sticks (V)			456	£6.00
Cauliflower bites (DF, VE, GFA)			283	£6.00
Beer battered onion rings (V)			427	£6.00
Mac & cheese fritters (V)			418	£6.00
Garlic breaded mushrooms (V)			256	£6.00
Chunky chips or fries (VE, GFA)			596	£5.50
Dressed leaf salad (DF, V, GFA)				

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