

# **STARTERS**

HOT FISH PLATTER SHARING

£15.00 968 kcal

Homemade calamari rings, cod goujons, scampi and battered king prawns served with a lemon and dill sauce

PANKO PRAWNS £7.00 223 kcal

5 Torpedo King Prawns coated in a crispy Japanese style Panko crumb. Served with a sweet chilli dip

PRAWN COCKTAIL

£7.00 349 kcal

Sustainably sourced Greenland prawns, served in our homemade Marie Rose sauce with sliced avocado, mixed salad and thick cut malted bread

CRUMBED HALLOUMI 388 kcal £7.00

Halloumi in a parsley breadcrumb. Served with a sweet chilli dip

CALAMARI 543 kcal £7.00

Coated in our own recipe batter served with lemon and dill sauce

PAN FRIED GARLIC KING PRAWNS IN BUTTER 311 kcal £8.00 Pan-fried MSC certified coldwater king prawns tossed in garlic butter served with artisan sourdough bread

# MAINS

## LUNCHTIME FISH SPECIALS

AVAILABLE MONDAY - FRIDAY, 11.30AM - 4.00PM

SMALL COD, CHIPS, £12.99 726 kcal

MUSHY PEAS & A CUP OF TEA OR COFFEE

NEW SMALL HADDOCK, CHIPS, £9.99 726 kcal

MUSHY PEAS & A CUP OF TEA OR COFFEE

# WEDNESDAY HADDOCK **SPECIALS**

HALF PRICE HADDOCK AVAILABLE ALL DAY, EVERY WEDNESDAY

**NEW** WEDNESDAY SPECIAL PRIME FILLET HADDOCK & CHIPS

> £7.75 1174 kcal MEDIUM

> 1330 kcal LARGE £8.75

# CHICKEN & CHIPS

HALF SPIT ROASTED CHICKEN & CHIPS £13.00 1384 kcal **CHICKEN NUGGETS & CHIPS** £11.00 1040 kcal 6 CHICKEN STRIPS & CHIPS £12.00 1212 kcal

## **BURGERS & CHIPS**

CHICKEN FILLET BURGER A battered chicken fillet burger on a sesame brioche

bun with lettuce, mayonnaise. Served with chips ROYAL CHICKEN BURGER 1238 kgal **£13.00** 

A battered chicken fillet burger on a sesame brioche bun with lettuce and mayonnaise topped with an

onion ring and a slice of Cheddar cheese. Served with chips

641 kcal **£13.50** COD BURGER

Battered cod goujons on a sesame brioche bun with lemon & dill mayonnaise, lettuce & gherkins. Served with chips

> FANCY SOME MORE CHIPS? ALL MAIN MEALS COME WITH FREE CHIP REFILLS!

> All chips can be swapped for sweet potato fries, or salad

# TRADITIONAL FISH & CHIPS

All our fish and seafood is sourced from sustainable sources certified by the Marine Stewardship Council or Icelandic Sustainable Fisheries.



PRIME FILLET COD & CHIPS 1174 kcal MEDIUM £16.00

1330 kcal LARGE £18.00

PRIME FILLET HADDOCK & CHIPS 1174 kcal MEDIUM £15.50

1330 kcal LARGE £17.50

FILLET OF PLAICE & CHIPS £16.50 1291 kcal

All of our fish can be grilled, cooked in breadcrumbs or matzo on request £1.00

**NEW PREMIUM SCOTTISH** £16.00 1220 kcal WHOLE TAIL SCAMPI & CHIPS

CALAMARI RINGS & CHIPS 889 kcal £15.50

COD GOUJONS, CHIPS & SALAD 1213 kcal £16.00 Pieces of sustainably sourced cod fillet rolled in breadcrumbs

NEW HOMEMADE FISHCAKE & CHIPS815 kcal Two fishcakes made from cod fillet, potato, herbs and a sprinkling of salt, cooked in our secret recipe breading

### PLEASE ASK ABOUT OUR DAILY CHEF'S SPECIAL

## GRILLED FISH

Enjoy our delicious fish fresh from the grill.

PICK YOUR GRILLED FISH:

WHOLE SEA BASS £18.50 308 kcal WHOLE PLAICE £19.50 178 kcal TUNA STEAK 272 kcal £19.50 SALMON FILLET 418 kcal £17.00

CHOOSE YOUR FLAVOURED BUTTER:

Garlic & Herb 75 kcal Lemon & Parsley 75 kcal

Lime Chilli & Coriander 75 kcal Served with a choice of chips,

## **OUR GREEN MENU**

5 CRUNCHY GREEN HEROES & CHIPS ♥ 1104 kcal £12.00 Succulent plant-based goujons in a tasty crunchy coating. Served with chips

FISH-LESS-FILLET & CHIPS **(V)** 915 kcal **£12.00** A deliciously tasty, plant-based alternative to the nation's favourite dish! Flaky textured fillet, wrapped in Panko breadcrumbs. Served with chips

### FRESHLY PREPARED SALADS

HALLOUMI SALAD 🖤	368 kcal	£13.50
CAJUN SALMON & KING PRAWN SALAD	269 kcal	£15.00
NEW GREEK SALAD		£8.50
HOUSE SALAD	34 kcal	£7.00

### SIDE DISHES

HOMEMADE MUSHY PEAS	122 kcal	£3.50
GARDEN PEAS	79 kcal	£3.30
BAKED BEANS	109 kcal	£2.20
CURRY SAUCE	121 kcal	£3.50
PICKLED ONION	20 kcal	£1.00
PICKLED EGG	143 kcal	£1.00
GHERKIN	13 kcal	£1.30
HOMEMADE COLESLAW	260 kcal	£3.50
ONION RINGS	431 kcal	£3.99
SWEET POTATO FRIES	469 kcal	£4.20
PORTION OF CHIPS	589 kcal	£4.20
2 SLICES OF MALTED THICK CUT LOAF	178 kcal	£1.50
2 SLICES OF WHITE THICK CUT LOAF	173 kcal	£1.50
ARTISAN SOURDOUGH BREAD	176 kcal	£2.95

### **ALLERGIES**

The management of allergens is something we take very seriously. The nature of our business means there is a high risk of cross contamination during preparation.

If you have any questions about our menu, please speak to the manager before ordering.



sweet potato fries, or side salad



**DESSERTS** 

A slice of handmade apple pie served with custard (170 kcal), cream (33 kcal) or a scoop of Gelato Ice Cream (381 kcal)

KNICKERBOCKER GLORY £7.00 461 kcal The classic dessert made with layers of blueberries, peach & Gelato Vanilla Ice Cream

LOCAL CRAFT BEER

**BOTTLED BEERS & CIDERS** 

WHITE WINE

An attractive dry white with flora and citrus aromas

leading to a crisp, fresh palate. SWA Bronze Award

UNBARRED CASUAL PALE ALE

330ML CAN 4.5%

PERONI, CORONA, SAN MIGUEL

HARVEYS SUSSEX BEST BITTER

**BUDVAR ALCOHOL FREE** 

MOLINO DEL SOL - AIREN

SEA CHANGE PINOT GRIGIO

£5.70

**GUINNESS** 

MAGNERS ON ICE

CHOCOLATE BROWNIE £6.25 685 kcal Served with warm caramel sauce and a scoop of Gelato Ice Cream

HOMEMADE TRIFLE £6.00 281 kcal Homemade fruit trifle topped with whipped cream

GELATO ICE CREAM

Joe Delucci's award winning Gelato Ice Cream. Choose from vanilla, strawberries & cream or chocolate

> 381 kcal 1 scoop: £2.75 2 scoops: £4.25 762 kcal 1143 kcal 3 scoops: £6.25



UnBarred

330<sub>ML</sub>

330<sub>ML</sub>

500<sub>ML</sub>

440<sub>ML</sub>

568<sub>ML</sub>

BOTTLE

250<sub>ML</sub> GLASS

175<sub>ML</sub> GLASS

125<sub>ML</sub> GLASS

250ML GLASS

175ML GLASS

125<sub>ML</sub> GLASS

BOTTLE

BOTTLE

250ML GLASS

175<sub>ML</sub> GLASS

£4.70

£3.70

£5.70

£4.50

£5.70

£20.00

£6.75

£5.00

£3.50

£22.00

£7.25

£5.75

£4.20

£24.00

£8.00

26.00

# **DRINKS**

# **RED WINE**

MOLINO DEL SOL - TEMPRANILLO

A wonderful fruity red with a silky smooth finish.

BOTTLE £20.00 250ML GLASS £6.75 175ML GLASS £5.00 125ML GLASS £3.50

MERLOT, LOUIS ESCHENAUER

Expressive and balanced blackcurrant and cherry flavour with a silky smooth intensity.

> BOTTLE £23.00 250ML GLASS £7.75 175ML GLASS £6.00 125<sub>ML</sub> GLASS £4.20

# **ROSÉ WINE**

LOUIS ESCHENAUER CINSAULT ROSÉ

Pale onion skin colour with a soft intensity and red berries and strawberries on the palate.

> BOTTLE £23.00 250ML GLASS £7.75 175ML GLASS £6.00 125<sub>ML</sub> GLASS £4.20

### SPARKLING WINE

CASTELL LLORD CAVA CLASSIC BRUT

Great quality Cava which is bright and clean with high fruit flavours with a refreshing finish.

BOTTLE £28.00

PROSECCO BOTTER

Well balanced and bodied, delicately fruity and slightly aromatic bouquet with hints of flowers which honey, and wild apple scents can be perceived.

> BOTTLE 200ML BOTTLE

### SPIRITS

ALL SPIRITS (25ML MEASURE) £2.75 LIQUEURS (25ML MEASURE) £3.75 **BAILEYS (50ML MEASURE)** £3.75 **MIXERS** £1.75

# **MILKSHAKES**

Made with Gelato ice cream STRAWBERRY VANILLA, CHOCOLATE OR BANANA 606kcai

£4.50

### SOFT DRINKS

COCA-COLA	126 kcal	GLASS	£2.50
COCA-COLA ZERO SUGAR	0 kcal	GLASS	£2.50
DIET COCA-COLA	0 kcal	GLASS	£2.50
FANTA ORANGE	57 kcal	GLASS	£2.50
SPRITE	57 kcal	GLASS	£2.50
TONIC WATER	57 kcal	GLASS	£2.50
		CANS	£2.50
APPLE JUICE	108 kcal		£2.75
ORANGE JUICE	111 kcal		£2.75
FENTIMANS ELDERFLOWER	88 kcal	275мL	£3.95
FENTIMANS ROSE LEMONADE	113 kcal	275мL	£3.95
FENTIMANS VICTORIAN I EMONADE	117 kcal	275мі	£3.95

### WATER

SOUTH DOWNS STILL WATER	SML BOTTLE	£2.50
	LRG BOTTLE	£4.50
SOUTH DOWNS SPARKLING WATER	SML BOTTLE	£2.50
	LRG BOTTLE	£4.50

### TEA & COFFEE

POT OF TEA	41kcal	£2.95
POT OF TEA FOR 2	74kcal	£4.10
POT OF EARL GREY	0kcal	£2.95
TEA	10kcal	£2.55
GREEN TEA/ PEPPERMINT TEA	0kcal	£2.55
AMERICANO / REGULAR COFFEE	0kcal	£2.95
LATTE/ CAPPUCCINO	55kcal	£3.15
ESPRESSO	0kcal	£2.70
HOT CHOCOLATE	175kcal	£3.20
IRISH COFFEE		£5.50

A brilliant pale yellow with an opulent nose of white peach and hawthorn evolve in to a palate of white fruit lifted by a slight minerality.

Expressive balanced wine with undertones of exotic

BOTTLE £26.00

125ML GLASS **£4.20** 

MUSCADET DE SEVRE ET MAINE SAGET

CHARDONNAY, ROTHSCHILD

LOUIS ESCHENAUER SAUVINGNON BLANC

fruit, white flowers and pineapples.

A whirlwind of freshness with balanced flavours of crisp citrus fruit and ripe melon.

> BOTTLE £29.00 HALF BOTTLE £16.50

### TIP POLICY

Tips are shared only amongst the restaurant team. The business takes NO commission or admin fee from any tips whatsoever, and we do not add any service charge. All prices are inclusive of VAT.

### GROUP BOOKINGS

We can cater for large functions such as wedding receptions and birthday parties in our restaurant or we can offer a delivery service to your social or fundraising event, ensuring that you enjoy the best that Bankers has to offer wherever you are. Please ask your server for more details.

