

Smugglers Bar

Evening Menu

Starters & Side Orders

Soup of the Day	£ 3.50
Traditional Prawn Cocktail	£ 4.75
Onion Rings	£ 2.25
Garlic Bread	£ 2.25
Chips	£ 1.95
Mushrooms	£ 2.25
Side Salad	£ 2.95

Salads

Caesar Salad

Crisp Cos Lettuce with Croutons, Parmesan Cheese and Caesar Dressing. Topped with Parmesan Shaving.	£ 4.95
With Chicken & Bacon	£ 6.50

Prawns & Avocado Salad

Prawns and Avocado with Watercress and Roquette served with Ciabatta crouton	£ 5.50
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Chef's Selection – Starters

Funghi Trifelati Mushrooms cooked in White Wine, Garlic and Parsley	£ 3.75
Welsh Rarebit Caerphilly Cheese with Wholegrain Mustard on a Toasted Bread	£ 3.95
Brussels Pate Served with Warm Toast	£ 4.75

Chef's Selection – Main Courses

Chicken & Bacon New Yorker Grilled Chicken wrapped in Bacon covered in Cheese and Barbecue Sauce	£9.95
Pork Loin Grilled Pork Loin served with Apple Gravy	£ 10.50
Steamed Fillet of Plaice With a Red Pepper Sauce	£ 8.95
Spaghetti Carbonara Spaghetti with Bacon, Eggs, Cream & Parmesan	£ 9.25
Stuffed Peppers With Cheddar Cheese & Served with Risotto	£ 9.95
Portobello Mushroom Burger With Portobello Mushroom, Roasted Red Peppers, Lettuce, Pesto Mayonnaise & Mozzarella Cheese	£ 7.95

Main Courses

Seabank Burger	£ 5.95
Steak & Ale Pie	£ 6.75
Shepherd' Pie	£ 6.95
Ham, Egg & Chips	£ 5.50
Sausage & Mash	£ 5.50
Battered Cod with Peas	£ 6.75
Breaded Scampi with Peas	£ 7.50
Chicken Korma	£ 6.75
Curry of the Day	£ 6.75
Home-made Lasagne	£ 6.75
Penne Arabiatta	£ 6.50
Cauliflower & Broccoli Cheese Bake	

Served with a selection of Chips, Boiled Potatoes or Rice

Off The Grill

Gammon & Egg/Pineapple	£ 7.50
8Oz Rib Eye Steak	£ 8.95
8Oz Sirloin Steak	£12.95

All served with Tomato, Peas, Mushrooms & a choice of Chips or Boiled Potatoes

Pizzas

Vegetarian

Mushrooms, Tomato, Peppers, Onion & Sweet Corn	£ 4.95
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Hawaiian

Ham & Pineapple	£ 4.95
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Pepperoni

Sliced Pepperoni & Cheese	£ 5.50
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Kid's Menu

Chicken Nuggets	£ 3.25
Macaroni & Cheese	£ 3.25
Sausage & Beans	£ 3.25
Scampi	£ 3.25

All served with a selection of Chips, Boiled Potatoes, Peas or Beans

Sauces

Black Pepper – Barbecue – Cream & Mushroom	£ 1.95
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