

Sole Bay Fish Company

SMALL PLATES

Colchester Oyster
Red Wine Vinaigrette £3.50

Beer Battered Colchester Oyster
Lemon Mayo £4.50

Chargrilled Crevette,
Lemon, Ginger & Garlic Butter £4

Pint of Shell on Prawns
Marie Rose sauce £9.5

CREATE YOUR OWN FISH PLATTER

Cockles £5 Crayfish Tails £5.50 Rollmop £4.50
Smoked Salmon £9 Crevettes £3.00 each Peeled
Prawns £6.00 Whelks £4.50 Shell on Prawns
£9.50 Mussels £4.00

Hot Roast Salmon £9 NZ Mussels £2 each

Anchovies in Garlic Oil £6.50

Dressed Cromer Crab £9.00

MAIN MEALS

From the Fishmonger's counter
choose from: Cod, Haddock, Plaice,
Goujons with fresh cut chips,
Mushy Peas & Homemade Tartare Sauce
£19

Sea Bass pan fried in Olive Oil,
Chips, homemade Tartare Sauce, Salad
1 fillet £20 / 2 fillets £28

Dressed Cromer Crab,
fresh cut chips, salad &
homemade Marie Rose sauce
£18

Chargrilled Crevettes drizzled in
Lemon, Ginger & Garlic Butter,
fresh cut chips & Salad
3 - £15 4 - £17 5 - £19.50 6 - £22.50

Homemade Luxury Fishcake
with Cod, smoked Haddock & Prawns
with fresh cut Chips
£15.50

Butchers Sausages
2 Butchers Sauces with freshly cut Chips
£12

PLATTERS FOR 2

Lobster

Half a Lobster, Smoked Salmon, 2 NZ
Mussels, 2 Crevettes, Cockles,
Mussels, Whelks, Peeled Prawns,
Shell on Prawns, Crayfish Tails
£55

Crab

Dressed Cromer Crab, Smoked
Salmon, 2 NZ Mussels, 2 Crevettes,
Cockles, Mussels, Whelks, Peeled
Prawns, Shell on Prawns, Crayfish
Tails
£50

Lobster

Chargrilled in Lemon, Ginger
& Garlic Butter, Chips, Salad
1/2 - £45 Whole £55

SIDE DISHES

Warm Brown or White Artisan Baguette & Butter £5 Fresh Cut Chips £5
House Side Salad & Honey Mustard Dressing £4.5 Homemade Mushy Peas £4
Sole Bay Curry Sauce £4

All our deep-fried food is traditionally cooked in beef dripping. All salads are served in a
honey & mustard dressing. Our tartare sauce, mushy peas & curry are all homemade.

Please let your waitress know if you have any allergies.