

# COLMANS

== *Seafood Temple* ==

## SOFT DRINKS

House Triple-Filtered Water 1 litre – £1.50  
still or sparkling

Colmans Homemade Lemonade – £3.50  
classic · raspberry

Freshly Squeezed Orange Juice – £3.95

Eager Fruit Juices – £2.95  
cranberry · cloudy apple · pineapple

Coca Cola or Diet Coca Cola 330ml – £2.95  
the iconic coca cola glass bottle

Fentimans Old Fashioned Soft Drinks 275ml – £3.25  
ginger beer · dandelion and burdock

San Pellegrino 330ml – £2.95  
aranciata · limonata

Fever-Tree 200ml – £2.45  
clear lemonade · tonic · light tonic · elderflower tonic

## HOT DRINKS

### Coffees

espresso – single £2.25 / double £2.95

macchiato – £2.75

americano – £2.95

latte – £3.25

cappuccino – £3.25

flat white – £3.25

### Teas – £2.50

english breakfast · earl grey · peppermint · green tea

## SUSTAINABILITY AT COLMANS SEAFOOD TEMPLE

At Colmans we are a family owned and operated business who are precedent-setting in our responsibility to sustainable fishing, the seafood industry and the environment. We also strive to be an economic, social and charitable asset to our local community.

All our cod and haddock come from sustainable fishing grounds. We use sustainable and traceable seafood.

We are always committed to help with environmental issues and as a pledge to this we are continuously reducing our single-use plastic waste to reduce ocean pollution. We turn all of our waste oil into biodiesel and generate our own electricity through PV micro generation.

We actively source local and seasonal produce, and use day boats to support our local fishing community.

All our packaging is responsibly sourced and our menus all FSC certified.

**Seabream**  
wild mushroom sauce,  
parmentier potatoes  
£24.50

**Whole Roast Fish of the Day**  
herb and caper butter  
Market price

**Lemon Sole**  
roasted on the bone,  
clams & samphire  
£27.95

**Salmon Teriyaki**  
asian vegetables,  
sticky jasmine rice  
£21.95

**Hot Seafood Platter to Share**  
selection of local day boat fish & shellfish  
roasted in chilli and garlic butter, thick-cut chips  
Market price  
Minimum 2 persons

**Hake**  
creamed parmesan polenta, mussels,  
roasted pepper piperade  
£24.95

**Seafood Curry**  
malaysian coconut curry,  
sticky jasmine rice, asian salad  
£22.95

**Local Native Lobster**  
grilled with garlic & parsley butter  
Market price

**Steak au Poivre**  
8oz dry-aged glenarm fillet,  
thin-cut chips, peppercorn sauce  
£31.95

**Crab Salad**  
local brown and white crab  
meat, fennel & apple salad  
£14.50

**Soufflé Arnold Bennett**  
smoked haddock, gruyère  
& aged parmesan  
£13.50

**Seared King Scallops**  
butterbean puree,  
chimichurri  
£15.95

**XL Crispy Prawn Taco**  
kewpie mayo, okonomi  
sauce, togarashi  
£13.95

**Mackerel Pate**  
toasted brioche,  
pickled cucumber salad  
£9.50

**Mussels**  
1926 blonde & pancetta  
£11.50

**Grilled Tiger Prawns**  
garlic & parsley butter  
£14.95 / £27.95

**Classic Prime Cod**  
traditionally fried  
or  
grilled in herb and caper butter  
£14.50

**Temple Fishcakes**  
cod and salmon fishcakes  
£13.95

**Large Prime Cod**  
traditionally fried  
or  
grilled in herb and caper butter  
£16.50

**Breaded Wholetail Scampi**  
£15.95

**Line-caught Haddock**  
traditionally fried  
or  
grilled in herb and caper butter  
£16.95

**Crispy Halloumi**  
£13.95

## TRADITIONAL

Cooked in Colmans famous batter, thick-cut chips

## PERFECT WITH

Chip Shop Curry Sauce  
£2.20

Homemade Mushy Peas  
£2.20

Local Stottie Cake  
£1.50

## MAINS

**All our seafood is cooked to order,  
please be patient during peak periods.**



We apologise if at any time we are unable to supply a seafood which is on our menu. This is due to adverse currents, seasonal fluctuations and weather conditions

## LAGERS

Schooner of Peroni Nastro Azzurro  
Draught – 456ml 5.1% Italy – £4.45

Bottle of Birra Moretti  
330ml 4.6% Italy – £4.25

Samuel Smith's Organic Lager  
355ml 5% England – £4.65

Heineken 0%  
355ml 0% Netherlands – £3.50

## BEERS

Samuel Smith's Organic Best Ale  
335ml 5% England – £4.65

1926 Blonde  
brewed locally for Colmans by Vaux Brewery  
330ml 4.2% England, South Shields – £4.95

## CIDER

Old Mout Cider  
kiwi and lime · strawberry and apple · berries and cherries  
500ml 4% New Zealand – £5.25

Samuel Smith's Organic Cider  
335ml 5% England – £4.65

**We have an extensive  
Wine, Spirit and Cocktail List  
available upon request**

## SIDES

Selection of Bread and Butter £2.50

Thick Cut Chips £4.45

Thin Cut Chips £4.45

New Potatoes, Chive Butter £4.45

Seasonal Greens, Fresh Herb Butter £4.50

House Salad £5.50

Mushy Pea Fritters £6.95