# **SOFT DRINKS**

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

Colmans Homemade Lemonade – £3.75 classic  $\cdot$  raspberry

Freshly Squeezed Orange Juice - £3.95

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

Coca Cola or Diet Coca Cola 330ml – £3.25 the iconic coca cola glass bottle

Fentimans Old Fashioned Soft Drinks 275ml - £3.40

ginger beer · dandelion and burdock

San Pellegrino 330ml – £2.95

Fever-Tree 200ml – £2.55

clear lemonade  $\cdot$  tonic  $\cdot$  light tonic  $\cdot$  elderflower tonic

# **HOT DRINKS**

#### Coffees

espresso – single £2.45 / double £3.25

macchiato - £3.275

americano - £3.25

latte - £3.50

cappuccino - £3.50

flat white - £3.50

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.

# COLMANS

= Seafood Temple =

Don't forget to check our blackboard for today's market fish and our daily specials.

# Food Allergies, Intolerances and Special Dietary Requirements

Due to the presence of allergens in some dishes, we cannot guarantee the absence of allergen traces in our menus. Before ordering your food and drinks, if you would like to know about our ingredients please ask a member of our staff.

#### **LOCAL OYSTERS**

£3.95 per oyster or £21 for 6

All our oysters are supplied by Lindisfarne Oysters – a family run business established in 1989. The high quality pacific oysters are grown on the seashore within the Lindisfarne National Nature Reserve.

Natural

shallot and red wine vinegar

Crispy tartare sauce Ceviche

chilli and lime dressing

#### **STARTERS**

Crab Brioche
brown crab mayo,
citrus salad
£14.50

Soufflé Arnold Bennett smoked haddock, gruyère & aged parmesan

£13.95

Mussels 1926 blonde & pancetta £11.50

potato puree. caviar sauce £15.95

King Scallops

Grilled Tiger Prawns garlic & parsley butter £14.95 / £29.50

# **TRADITIONAL**

Cooked in Colmans famous batter, thick-cut chips

Classic Prime Cod traditionally fried

Temple Fishcakes

cod and salmon fishcakes

£14.95

or '
grilled in herb and caper butter
£14.99

Mackerel Pâté

toasted brioche.

pickled cucumber salad

£9.50

Large Prime Cod
traditionally fried
or
illed in herb and caper by

or grilled in herb and caper butter £16.99

Breaded Wholetail Scampi £16.50 Line-caught Haddock traditionally fried or grilled in herb and caper butter

£17.50

Crispy Halloumi

# **PERFECT WITH**

XL Crispy Prawn Taco

kewpie mayo, okonomi

sauce, togarashi

£14.50

Chip Shop Curry Sauce £2.45

Homemade Mushy Peas £2.45

Local Stottie Cake £1.50

# **MAINS**

#### Hake

white bean stew, braised fennel,
Tuscan sausage
£26.50

Whole Roast Fish of the Day herb and caper butter

erb and caper butter

Market price

Lemon Sole asted on the bone.

roasted on the bone, clams & samphire £29.95

# Salmon Teriyaki

asian vegetables, sticky jasmine rice £22.50

# 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

Cod Schnitzel tartare beurre blanc £21.50

# 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 £32.95

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, seasonable fluctuations and weather conditions

### **LAGERS**

# Schooner of Peroni Nastro Azzurro

Draught - 456ml 5.1% Italy - £4.75

#### Bottle of Birra Moretti

330ml 4.6% Italy - £4.50

# Samuel Smith's Organic Lager

355ml 5% England - £4.95

#### Heineken 0%

355ml 0% Netherlands – £3.75

# **BEERS**

# Samuel Smith's Organic Best Ale 355ml 5% England – £4.95

# 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 – £5.45

Samuel Smith's Organic Cider 335ml 5% England – £4.95

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