

# COLMANS

== *Seafood Temple* ==

## SOFT DRINKS

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

Colmans Homemade Lemonade – £3.75  
classic · 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  
aranciata · limonata

Fever-Tree 200ml – £2.55  
clear lemonade · tonic · light tonic · 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.

**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

**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 & lime dressing

### STARTERS

North Sea Crab  
pea panna cotta, hand-picked crab & herbs  
£14.50

Soufflé Arnold Bennett  
smoked haddock, gruyère & aged parmesan  
£13.95

King Scallops  
cauliflower, brown shrimp burnt butter, capers  
£14.95

XL Crispy Prawn Taco  
kewpie mayo, okonomi sauce, togarashi  
£14.50

Seabass Carpaccio  
passionfruit, ginger, chilli, coriander  
£11.95

Mussels  
san marzano tomato & calabrian chilli  
£11.95

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

### TRADITIONAL

Cooked in Colmans famous batter, thick-cut chips

Classic Prime Cod  
traditionally fried  
or  
grilled in herb & caper butter  
£14.99

Large Prime Cod  
traditionally fried  
or  
grilled in herb & caper butter  
£17.50

Line-caught Haddock  
traditionally fried  
or  
grilled in herb & caper butter  
£17.95

Temple Fishcakes  
cod & salmon fishcakes  
£14.95

Breaded Wholetail Scampi  
£16.50

Crispy Halloumi  
£13.95

### PERFECT WITH

Chip Shop Curry Sauce  
£2.45

Homemade Mushy Peas  
£2.45

Local Stottie Cake  
£1.50

### MAINS

Seabass  
jersey royals, english asparagus, wild garlic emulsion  
£21.95

Salmon Teriyaki  
asian vegetables, sticky jasmine rice  
£22.50

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

Whole Roast Fish of the Day  
herb & caper butter  
Market price

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

Local Native Lobster  
grilled with garlic & parsley butter  
Market price

Monkfish Ossobuco  
risotto milanese  
£31.95

Roasted Cod  
potato florentine, chicken butter sauce  
£22.95

Steak au Poivre  
8oz dry-aged glenarm fillet, thin-cut chips, peppercorn sauce  
£32.95

## 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