

COLMANS

== *Seafood Temple* ==

SOFT DRINKS

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

House Sodas – £4.25
mint & lime · orange & basil · seasonal

Colmans Homemade Lemonade – £4.45
classic · raspberry

Freshly Squeezed Orange Juice – £4.75

Eager Fruit Juices – £3.50
cranberry · cloudy apple · pineapple

Coca Cola 330ml – £3.55
Diet Coca Cola 330ml – £3.55
the iconic coca cola glass bottle

Fentimans Old Fashioned Soft Drinks 275ml – £3.75
ginger beer · dandelion and burdock

San Pellegrino 330ml – £3.25
aranciata · limonata

Fever-Tree 200ml – £2.75
clear lemonade · tonic · light tonic · elderflower tonic

HOT DRINKS

Coffees
espresso – single £2.45 / double £3.25

macchiato – £3.25

americano – £3.25

latte – £3.75

cappuccino – £3.75

flat white – £3.75

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.

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

£4.25 per oyster or £23 for 6

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

Natural
shallot and red wine vinegar

Crispy
tartare sauce

Ceviche
chilli & lime dressing

STARTERS

Shellfish Bisque
hand-picked crab,
focaccia
£14.95

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

King Scallops
celeriac puree,
seaweed beurre blanc
£14.95

XL Crispy Prawn Taco
kewpie mayo, okonomi
sauce, togarashi
£14.95

North Sea Squid
romesco sauce, garlic aioli
£12.50

Mussels
san marzano tomato & nduja
£12.50

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
£15.50

Large Prime Cod
traditionally fried
or
grilled in herb & caper butter
£18.50

Line-caught Haddock
traditionally fried
or
grilled in herb & caper butter
£18.95

PERFECT WITH
Chip Shop Curry Sauce
£2.50
Homemade Mushy Peas
£2.50
Local Stottie Cake
£1.75

Temple Fishcakes
cod & salmon fishcakes
£14.95

Breaded Wholetail Scampi
£17.95

Crispy Halloumi
£14.50

MAINS

XL Prawn alla Vodka
pappardelle pasta,
creamy vodka sauce
£27.95

Salmon Teriyaki
asian vegetables,
sticky jasmine rice
£23.50

Seafood Curry
malaysian peanut curry,
sticky jasmine rice, asian salad
£23.95

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

Roast Monkfish
butterbean & nduja stew
£26.95

Roasted Cod
potato florentine,
chicken butter sauce
£24.95

Steak au Poivre
8oz dry-aged glenarm fillet,
thin-cut chips, peppercorn sauce
£33.95

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, seasonal fluctuations and weather conditions

LAGERS

Schooner of Peroni Nastro Azzurro
Draught - 5.1% Italy – £4.95

Bottle of Birra Moretti
330ml 4.6% Italy – £4.75

Samuel Smith's Organic Lager
355ml 5% England – £5.75

Heineken 0%
355ml 0% Netherlands – £3.95

BEERS

Samuel Smith's Organic Best Ale
355ml 5% England – £5.75

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

CIDER

Old Mout Cider
kiwi and lime · pineapple and raspberry · berries and cherries
500ml 4% New Zealand – £5.75

Samuel Smith's Organic Cider
335ml 5% England – £5.95

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

SIDES

Selection of Bread and Butter	£2.50
Thick Cut Chips	£4.50
Thin Cut Chips	£4.50
New Potatoes, Chive Butter	£4.50
Seasonal Greens, Fresh Herb Butter	£4.95
House Salad	£5.50
Mushy Pea Fritters	£6.95