

# 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 2.75 / double 3.25

macchiato – 3.50

americano – 3.50

latte – 3.95

cappuccino – 3.95

flat white – 3.95

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 oysters

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  
wild garlic emulsion

Ceviche  
chilli & lime dressing

## STARTERS

Shields Crab  
apple & fennel salad  
14.95

Soufflé Arnold Bennett  
smoked haddock, gruyère  
& aged parmesan  
14

Baked Scallops  
miso aubergine  
xo butter,  
15.50

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

Tuna Tartare  
avocado, blood orange ponzu  
13.50

Mussels  
fino sherry & sea herbs  
12.50

Grilled Tiger Prawns  
garlic & parsley butter  
14.95

## TRADITIONAL

Traditionally fried in Colmans famous batter, thick-cut chips

Colmans Fish Goujons  
14.95

Classic Prime Cod  
15.95

Large Prime Cod  
18.95

Line-caught Haddock  
18.95

Temple Fishcakes  
cod & salmon fishcakes  
14.95

Breaded Wholetail Scampi  
18.50

Crispy Halloumi  
14.95

### PERFECT WITH

Chip Shop Curry Sauce  
2.50

Homemade Mushy Peas  
2.50

Local Stottie Cake  
1.75

If you'd prefer your fish grilled in caper and herb butter supplement +1

## MAINS

Crab & Scallop Lasagne  
handpicked crab, scallop mousse,  
thermidor sauce  
28

Roast Plaice  
whole local plaice, cider onions,  
tarragon butter  
22

Wild Bass  
shellfish chowder,  
smoked bacon & corn  
27

Salmon Teriyaki  
asian vegetables,  
sticky jasmine rice  
23.50

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

Roasted Cod  
potato florentine,  
chicken butter sauce  
26

Seafood Curry  
malaysian peanut curry,  
sticky jasmine rice, asian salad  
24

Local Native Lobster  
grilled with garlic & parsley butter  
Market price

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 Birra Murano  
Draught – 4.6% Italy – 4.95

Bottle of Birra Moretti  
330ml 4.6% Italy – 4.75

Hawkstone Lager  
330ml 4.8% England – 5.75

Heineken 0%  
355ml 0% Netherlands – 3.95

## BEERS

Hawkstone IPA  
330ml 4.8% 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 · berries and cherries  
500ml 4% New Zealand – 5.75

Hawkstone Cider  
500ml 5% England – 6.95

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

## SIDES

House Bread Selection 2.50

Thick Cut Chips 4.50

Thin Cut Chips 4.50

New Potatoes, Chive Butter 5

Seasonal Greens, Fresh Herb Butter 5.50

Charred Tenderstem, XO Butter 6

House Salad 6

Mushy Pea Fritters 7