

# atlantic

## Starters

Warm Duck Salad <i>Served with a hoi-sin dressing, orange segments and toasted pine nuts.</i>	6.25
Crab and Chilli Tart <i>Served on rocket with a lemon dressing.</i>	5.95
Moules Mariniere <i>Fresh local-caught mussels cooked in white wine, cream, garlic and lemon juice served with fresh bread</i>	5.75
Soup of the Day <i>Chef's homemade soup of the day served with fresh bread</i>	4.75
Chilli and Garlic King Prawns. <i>Pan-fried with chilli and chorizo served on a bed of rocket with a garlic aioli</i>	6.25

## Main Course

Lamb Shank <i>Slow braised and served with a sweet potato mash, seasonal vegetables and a port and mint gravy</i>	12.95
Duck Breast <i>Served with oriental noodles and a honey and five spice glaze</i>	13.95
Tarragon Chicken <i>Pan-fried chicken breast with a tarragon cream, served with crushed new potatoes and steamed green beans</i>	12.95
Sea Bass <i>Fillets, pan-fried, and served on a saffron nage</i>	12.95
Whole Lemon Sole <i>Pan fried in a sun blush tomato and caper butter and served with new potatoes and seasonal vegetables.</i>	13.95
8oz Ribeye Steak <i>Cooked how you like and served with mushrooms, vine tomatoes, homemade fries and homemade onion rings</i>	13.95
	<i>Port &amp; Stilton Sauce</i> 1.95
	<i>Peppercorn Sauce</i> 1.95
Vegetable Tagine <i>Couscous topped with Moroccan spiced vegetables</i>	11.75

## Extra Portions

Basket of bread	1.95
Seasonal vegetables	2.75
Green salad or mixed salad	2.75
Onion rings	1.95
Mushrooms	1.95

# atlantic

## **Homemade Desserts**

Sticky Toffee Pudding <i>Served with a rich toffee sauce...</i>	4.95
Strawberry and Vanilla Cheesecake	4.95
White Chocolate and Pistachio Panna Cotta	4.95
Summer Fruits and Cardamom Fall	4.95

Please see blackboards for Daily Specials

Served Daily from 6.00 pm

Sunday Roast 12 noon – 3.00 pm

Please call 01736 796177 for Reservations and Enquiries