

# THE FISH & THE CHIP

4th EDITION MENU

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Facebook Instagram @THEFISHANDTHECHIP

#MORETHANJUSTYOURAVERAGECHIPPY

IN CASE YOU ARE CURIOUS...

OUR BREAD IS BAKED BY MILNERS BAKERY, LEIGS

WE MAKE EVERYTHING ELSE LOVINGLY FROM SCRATCH!

## LUNCH

LUNCH MEAL DEAL **£6.95**  
CHOOSE A LUNCH MAIN & SIDE

LUNCH VEGAN MEAL DEAL **£5.95**  
CHOOSE A VEGAN LUNCH MAIN & SIDE

AVAILABLE FROM 12PM - 5PM

### PICK A LUNCH MAIN...

#### CLASSIC FISH (GF)

Lemon zest & parsley battered haddock served with mushy peas

#### SQUID BURGER (GF BUN AVAILABLE)

Salt & pepper squid in a seeded burger bun with kimchi mayo, tomato and onion

#### GRILLED JERK FISH (GF)

Chargrilled jerk marinated haddock served with mushy peas

#### OUR SIGNATURE VEGAN FISH (VE) (GF)

Wasabi & sesame seed battered vegan fish served with mushy peas

#### VEGAN SQUID BURGER (VE) (GF BUN AVAILABLE)

Salt & pepper vegan squid in a seeded bun, kimchi mayo, tomato and onion

#### COCONUT CRUSTED VEGAN FISH (VE) (GF)

Panko and coconut crusted vegan fish served with mushy peas

### PICK A SIDE...

CHUNKY SKIN ON CHIPS / SKINNY SKIN ON FRIES /

COCONUT, CORIANDER & LIME RICE / HOUSE SALAD /

SPICED CORN ON THE COB

### ADD A DRINK £2.00

CLASSIC HOMEMADE LEMONADE

RASPBERRY & ELDERFLOWER LEMONADE

STILL / SPARKLING WATER

ENGLISH BREAKFAST TEA

## STARTERS

FISH CROQUETTES (GF) **£5.45**

Lemongrass and coconut salt cod croquettes with lemon aioli

POTTED SMOKED SALMON (GF) **£5.75**

Smoked salmon, creme fraiche and dill served with toasted bloomer slices

FRUIT SKEWERS (GF) (VE) **£4.45**

Grilled miso and yuzu marinated pineapple, tomato, mango and grapefruit segment skewers

ADD SALMON FOR £2.00

SALT & PEPPER SQUID (GF) **£4.95**

Salt & pepper squid with toasted flaked almonds, garlic and parsley topped with sriracha mayo

CHILLI PRAWN NACHOS (GF) **£6.45**

Garlic & chilli prawn corn nachos with a black bean salsa, spiced charred sweetcorn, smashed avocado, red leicester cheese and pickled chillis

MEDITERRANEAN FRITTERS (GF) (V) **£4.75**

Organic cheddar, sun dried tomato, olives and pine-nut fritters with beetroot ketchup

ROASTED VEG & HALLOUMI SKEWERS (GF) (V) **£4.95**

Harissa marinated roasted vegetable and halloumi skewers with tzatziki and a pomegranate salad

BATTERED HALLOUMI FRIES (GF) (V) **£5.95**

Halloumi fries with pineapple salsa and jerk sauce

PEA & MINT GAZPACHO (GF AVAILABLE) (VE) **£4.45**

Fresh pea, mint and cucumber gazpacho served with toasted garlic bloomer slices

BATTERED SALT RUBBED CASSAVA FRIES (GF) (VE) **£4.95**

Salt rubbed cassava fries with pineapple salsa and jerk sauce

VEGAN SALT & PEPPER SQUID (GF) (VE) **£4.75**

Salt & pepper vegan squid with toasted flaked almonds, garlic and parsley topped with sriracha mayo

PICK ANY 3 FOR £13  
OR 4 FOR £17

Offer Available from 12pm - 5pm

£1 Supplement for Nachos & Salmon Fruit Skewers

## MAINS

THE WHOLE MENU IS AVAILABLE TO TAKEAWAY OR VIA DELIVEROO / OWL GET IT

ALL OUR BATTERS ARE GLUTEN FREE!!

### FISH & CHIPS

OUR FISH IS SUSTAINABLY CAUGHT AND MSC APPROVED

Due to seasonality and availability we may use cod instead of haddock.

Veg & vegan dishes are cooked and prepared separately to fish.

UPGRADE TO OUR LOADED VEG FRIES FOR AN EXTRA £2.00

CLASSIC FISH & CHIPS (GF) **£8.95**

Haddock fillet, gluten free lemon zest & parsley batter with chunky chips or skinny fries, mushy peas and tartar sauce

JERK FISH & CHIPS (GF) **£10.45**

Jerk marinated haddock fillet, gluten free jerk batter with chunky chips or skinny fries, mushy peas and lemon aioli

HOLIDAY FISH & CHIPS (GF) **£10.45**

Mediterranean style olive, lemon & garlic marinated haddock fillet, gluten free lemon zest and parsley batter with chunky chips or skinny fries, mushy peas and lemon aioli

VEGAN FISH & CHIPS (GF) (VE) **£7.95**

Wasabi and sesame seed battered vegan fish and chips served with mushy peas and tartar sauce

### SOMETHING DIFFERENT

ADD LOADED FRIES OR ANY TWO SIDES FOR £4.00

KOREAN FISH BURGER (GF BUN AVAILABLE) **£8.95**

Seeded bun, battered haddock with kimchi, gochujang sauce, asian miso slaw, spring onions, tomato and fresh chillis

Spice it up or Cool it down? You Decide..

TUNA & AVOCADO CUBANO SANDWICH **£9.95**

Flaked tuna, smashed avocado, pickled gherkins, balsamic onions, organic cheddar and cherry tomatoes

FISH FINGER HOT DOG **£8.45**

Seeded hot dog roll with a breaded panko haddock fillet, tartar sauce, mushy peas and beetroot ketchup

KOREAN VEGAN FISH BURGER **£7.95**

(GF BUN AVAILABLE) (VE)  
Battered vegan fish with kimchi, gochujang sauce, asian slaw, spring onions, tomato and fresh chillis

Spice it up or Cool it down? You Decide..

HALLOUMI FRIES BURGER **£8.95**

(GF BUN AVAILABLE) (V)  
Seeded bun dressed with pineapple salsa, red onions and lightly battered halloumi fries with a jerk sauce

### GOODNESS BOWLS

SUPER HEALTHY, CLEAN & FULL OF FLAVOUR

THE JERK (GF) (VE) **£7.50**

Spiced charred sweetcorn, pineapple and pepper salsa, coconut, coriander & lime rice and jerk sauce

ADD one or more toppings from the options below...

Grilled halloumi (GF) (V) **£3.00**

Coconut crusted vegan fish (GF) (VE) **£2.00**

Jerk marinated haddock (GF) **£3.00**

Grilled chilli & garlic prawns (GF) **£3.00**

THE ASIAN (GF) (VE) **£7.50**

Radish, ginger & cabbage slaw, kimchi, coconut wholegrain rice, spinach, spring onions, gochujang sauce, sriracha, tomatoes, chillis and sesame seeds

ADD one or more toppings from the options below...

Coconut crusted vegan fish (GF) (VE) **£2.00**

Grilled miso and yuzu marinated pineapple, tomato, mango and grapefruit segment skewers (GF) (VE) **£3.00**

Grilled chilli & garlic prawns (GF) **£3.00**

THE JAPANESE (GF) (VE) **£7.50**

Crispy kale seaweed, radish and onion slaw, spring onions, sesame seeds and coconut wholegrain rice

ADD one or more toppings from the options below...

Teriyaki aubergine (GF) (VE) **£1.50**

Grilled miso and yuzu marinated pineapple, tomato, mango and grapefruit segment skewers (GF) (VE) **£3.00**

Teriyaki salmon (GF) **£4.00**

ADD LOADED FRIES OR ANY TWO SIDES FOR £4.00

## SIDES

LOADED FRIES (GF) (VE) **£4.25**

Skinny fries topped with spring onions, sweetcorn, olives, cherry tomatoes, pickled chillis, almond parm cheese and sriracha mayo

SKINNY OR CHUNKY SKIN ON CHIPS (GF) (VE) **£2.50**

PILI PILI CHIPS (GF) (VE) **£3.00**

Skinny fries with lemon, chilli powder and chilli flakes

CRISPY KALE SEAWEED WITH SESAME SEEDS (GF) (VE) **£2.50**

SPICED CORN ON THE COB (GF) (VE) **£2.75**

MISO & GINGER SLAW (GF) (VE) **£2.50**

COCONUT, CORIANDER & LIME **£2.50**

WHOLEGRAIN RICE (GF) (VE)

PINEAPPLE SALSA (GF) (VE) **£2.50**

HOUSE SALAD (GF) (VE) **£2.50**

MUSHY PEAS (GF) (VE) **£2.00**

GRILLED CHILLI & GARLIC PRAWNS (GF) **£3.50**

BREAD & SEAWEED BUTTER (V) **£2.00**

## SAUCES

£1.50 EACH  
OR 2 FOR £2.00

TARTAR SAUCE (GF) (VE) **BEETROOT KETCHUP (GF) (VE)**

CURRY SAUCE (GF) (VE) **JERK SAUCE (GF) (VE)**

GOCHUJANG SAUCE (GF) (VE) **SRIRACHA MAYO (GF) (VE)**

RADISH & SPRING ONION MAYO (GF) (VE) **LEMON AIOLI (GF) (VE)**

## DESSERTS

### HOMEMADE ICE CREAMS COCONUT BASED VEGAN ICE CREAM

3oz TUB £2.95 (ONE SCOOP)

COCONUT, PEACH & RASPBERRY (GF) (VE)

MINT CHOC AVOCADO (GF) (VE)

STRAWBERRY & BANANA (GF) (VE)

COOKIES & CREAM (VE)