

THE HARBOUR

SEAFOOD RESTAURANT
AND TAKEAWAY



DON'T FORGET TO CHECK OUR
SPECIALS BOARD OR ASK YOUR SERVER.

STARTERS

Barbican Calamari	£9
Local fried calamari seasoned with salt and pepper, red chillies and spring onions served with sweet chilli sauce.	
Classic prawn cocktail	£8
MSC Royal Greenland prawns served on a tossed salad with seafood sauce and home-baked bread.	
Cajun spice prawns	£8.50
Fried prawns seasoned with sea salt and Cajun spice served with satay sauce.	
Roasted scallops and prawns	£10.50
Local scallops and prawns roasted in garlic butter and panko breadcrumbs served with home-baked bread.	
River Yealm fried oysters	£12 (6)
Six Limosa oysters fried in a tempura batter served with Asian chilli sauce and lemon wedge.	
Classic moules mariniere	£9
Locally sourced mussels cooked in garlic butter and a splash of white wine served with home-baked bread.	
Salcombe crab cakes	£8
Freshly hand picked Salcombe crab with lime and coriander, breaded and fried freshly to order, served with sweet chilli sauce.	
Thai style prawn and cod cakes	£9
Prawns and cod blended together with lemon grass, ginger, curry paste and lime served with Asian chilli sauce.	
Whitebait	£8
Whitebait freshly breaded in panko breadcrumbs seasoned with Cajun spice served with aioli.	
Halloumi	£7
Halloumi cheese batters fried in tempura batter served with satay sauce.	
Jalapeno chilli poppers	£7.50
Fiery green jalapeño peppers with cool cream cheese fried in a tortilla chip breadcrumb served with mint yoghurt.	

All of our dishes can be made Gluten free, just ask your server.

LUNCH TIME SPECIALS

- £9** **The Harbour special**  MSC Large line caught cod, unlimited freshly fried chips, tartar sauce, harbour mushy peas, plus a pot tea or a choice of soft drink. Saving of £7. Available 11.00am-2.00pm
- £12** **The Harbour finest**  MSC large line caught cod, unlimited freshly fried chips, tartar sauce, harbour mushy peas, glass of wine or half a pint of Heineken, plus a pot of tea. Saving of £4.50. Available 11.00am-5pm
- £14** **The Harbour late lunch**  MSC line caught Cod or Haddock, unlimited freshly fried chips, tartar sauce, harbour mushy peas, glass of house wine or pint of Heineken plus a pot of tea. Saving of £6. Available 3-5pm

FAMILY SEA FOOD RESTAURANT AND TAKEAWAY

MAINS



Seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org
MSC-C-53712-106



Our chips are Agria from Cambridgeshire. All chips are prepared fresh daily at The Harbour and are bottomless with every dish.

Line caught cod fillet	£10
MSC Line caught Cod, fried skin on in our own batter, served with homemade tartar sauce.	
Line caught haddock fillet	£11
MSC Line caught Haddock, fried skin on in our own batter, served with homemade tartar sauce.	
Locally caught hake	£13
Locally caught hake fried in our very own batter, and homemade tartar sauce.	
Scottish scampi	£16
Scottish langoustines prepped daily and breaded freshly to order and homemade tartar sauce.	
Sea bass	£17
Locally caught sea bass grilled with olive oil butter, parsley and sea salt. Served with homemade tartare sauce.	
Seafood misto	£18
A selection of three local fish or seafood grilled with olive oil, butter, parsley and sea salt and homemade tartare sauce. Ask your server for today's fish.	
Whole or half Lobster	£30/£17
Daily caught fresh lobster straight from Plymouth fish market chargrilled, served with garlic butter and homemade baked bread. Seasonal.	



10oz Ribeye steak and half lobster (seasonal)	£32
10oz Fillet steak and half lobster (seasonal)	£37

VEGGI

Portobello mushroom & halloumi burger	£9.50
Grilled Portobello mushroom and halloumi cheese served in a brioche roll with lollo rosso lettuce, red onions and plum tomatoes.	
Vegetarian burger	£8.50
Vegetarian burger breaded in a brioche roll with lollo rosso lettuce, red onion, plum tomatoes and chilli jam mayonnaise.	

Whole or half cracked crab	£9 / £18
Daily caught fresh crab straight from Plymouth fish market, steamed and cracked to order served with homemade mayo, bread. Seasonal.	
Mixed seafood selection	£18
A selection of fried seafood; prawns, calamari, crab cakes, cod and local fish aioli and homemade tartar sauce.	
Cod roll	£8
MSC Line caught cod breaded, served in a brioche bun with lollo rosso lettuce, plum tomatoes, red onion and homemade tartar sauce.	
The Harbour seafood taco	£14
Scallop and prawn breaded, guacamole, red onion, fresh lime, chilli, yoghurt, mint and coriander in a toasted flour tortilla.	
The Famous scallop burger	£12
Breaded king scallops served in a brioche bap with lettuce, red onion, plum tomatoes and chilli jam.	
Smoked haddock fishcake	£10
Homemade fishcakes with smoked Haddock and local fish, potatoes and fresh herbs.	
The Harbour crab sandwich	£10
Hand picked Salcombe white and brown crab meat served in homemade mayo and baked bread.	

GRILLS

All our meat is organic and locally sourced from traditional Devon butchers. Steaks are cooked to your liking on the char-grill served with a portobello mushroom, cherry tomatoes and garden peas or salad and bottomless fresh chips.

10oz Fillet steak	£25
10oz Rib eye steak	£20
The Harbour cheeseburger	£12
Peppercorn sauce	£2
Mushroom sauce	£2

Homemade beef burger cooked on a char-grill with cheddar cheese, red onions, lollo rosso lettuce, plum tomatoes, sliced gherkins, mayonnaise, tomato relish and smoked bacon in a brioche roll.

We buy fish fresh every morning from Plymouth market.

CHILDREN'S MENU £5

All served with bottomless chips

Cod and chips		Sausage
Fishcake		Chicken burger
Cheeseburger		Fried halloumi fingers

PORTION OF ICE CREAM £1.50

SALADS	Feta salad	£5
	Baby leaf salad	£3
	Avocado & halloumi salad	£6
	Salcombe crab salad	£8

SIDES	Unlimited fresh cut chips	£2.50
	Homemade mushy peas	£1.50
	Pickled onion rings	£2.50
	Home baked bread & butter	£1.50
	Garden peas	£1
	The Harbour curry sauce	£2
	Buttered sugar snap peas	£2.50

SAUCES	Aioli	£1
	Satay sauce	£1
	The Harbour tartar sauce	£1
	Chilli jam mayonnaise	£1
	Garlic butter	£1
	Asian chilli sauce	£1
	Sweet chilli sauce	£1

DESSERTS

Tiramisu	£6
Classic Italian recipe with mascarpone and a hint of coffee served with vanilla ice cream.	
Eton Mess	£5
English strawberries, meringues and vanilla ice cream topped with strawberry sauce.	
Cheesecake	£5
New York style cheesecake served with strawberry ice cream.	
Ice Cream and sorbets	£3
Portion of ice cream or sorbet.	

TAKEAWAY

SOMETHING DIFFERENT

Half Lobster grilled with chips (seasonal)	£11.95
Mackerel fillets cooked on the grill with chips	£9.95
Scottish langoustines breaded & chips	£8.95
Local fresh calamari & chips	£7.95
Homemade Salcombe crab cakes & chips	£7.95
Whitebait & chips	£6.95
Thai style prawn and cod cakes with chips	£7.95

TRADITIONAL FISH & CHIPS

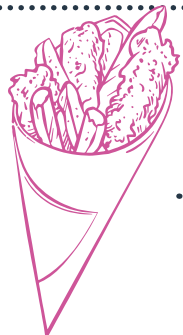


MSC Large line caught cod & chips	£5.95
MSC Large line caught haddock & chips	£6.95
Hake & chips	£6.95
MSC Line caught cod roll & chips	£5.95
Farmhouse local sausages (2) & chips	£5.50
Homemade smoked haddock fishcakes & chips	£4.95

HARBOUR BURGERS

Famous scallop burger and chips	£7.95
Chicken burger and chips	£5
Vegetarian burger and chips	£5
Cheeseburger and chips	£5.50

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CHILDREN'S MENU £3.50

MSC Cod & chips	✓
Sausage & chips	
Chicken escalope breaded & chips	

SAUCES AND SIDES

Homemade mushy peas	£1.50
The Harbour curry sauce	£2
Gravy	£0.95
Aioli	£0.50
Chilli jam mayonnaise	£0.50
Chips	£1.80
Large chips	£2.70
Battered pickled onion rings	£1.80
Takeaway salad	£2.50
Cheese	£1
Mushy Peas	£0.95

DRINKS

SOFT DRINKS

Half pint / pint	£1.50 / £2.50
Coca cola / Diet Coke / Fanta / Sprite	
Mineral water, Still / Sparkling	£2
Fever Tree Tonics	£1.75
Tonic Water / Light Tonic Water / Elderflower Tonic	
Choice of Organic Luscombe Drinks	£2.95
Handmade drinks from Devon: Sicilian Lemonade	
Hot Ginger Beer / Elderflower Bubbly / Raspberry crush	
Orange Juice / Apple Juice	

HOT DRINKS

Tea	£2	Espresso	£2
Latte	£3	Double Espresso	£2.50
Cappuccino	£3	Black Coffee	£2
Flat white	£3	White Coffee	£2.50
Caffé mocha	£3	Hot Chocolate	£2.50

SPIRITS

Single with mixer / Double	£2.95 / £4.45
Smirnoff / Morgan Spiced / Bacardi / Baileys	
Archers / Malibu / Jack Daniels / Jameson / Makers Mark	

GIN SELECTION

All our gins come with your choice of Fever Tree mixers - Tonic Water, Light Tonic Water or Elderflower Tonic and your choice of garnish - lemon, lime, cucumber or grapefruit.

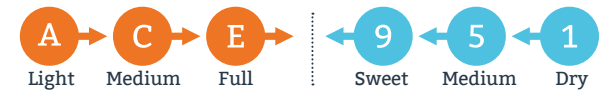
Bombay Sapphire	£4.50	Salcombe	£5.50
Hendricks	£4.70	Monkey 47	£5.50
Plymouth Gin	£5		

BOTTLED BEER

Doombar 4.3%	£4.85
Tribute 4.2%	£5

Wine tasting guide

Where wines are available by the glass, a 125ml glass can be offered.



DRAFT BEER

All beers served in pints and half pints.

Heineken Extra Cold 5%	£4.50 / £2.50
Devon Rock Craft Lager 4.5%	£4.95 / £2.75
South West Orchards Cider 5%	£3.95 / £2.00

WHITE WINE

Central Monte Sauvignon Blanc - Chile 1
Aromas of grapefruit that lead to a crisp and dry palate with hints of lemon and lime. A vibrant wine from the Valle Central. 75cl bottle £16.50 / 175ml Glass £4.60 / 250ml Glass £6.20

Sereno Pinot Grigio - Italy 2
This delicious wine has a light citrus aroma which leads to a mixture of juicy fruits and just a hint of vanilla on the palate. 75cl bottle £16.50 / 175ml Glass £4.60 / 250ml Glass £6.20

Waddling Duck Sauvignon Blanc - New Zealand 1
Youthful and very approachable with a nose of intense, fresh gooseberry fruit. The palate is dry and full of white peach and passion fruit flavour. The Waddling Duck Sauvignon Blanc shows the 'Marlborough style' off at its very best. 75cl bottle £25.00

Gavi Di Gavi Il Portino - Italy 2
This wine is a wonderful reflection of the Cortese grape variety. It is fruity and aromatic with just a hint of mineral notes and a mouthwatering citrus finish. 75cl bottle £27.00

Chablis Victor Berard - France 1
Bone dry crisp white Chardonnay with a full steely palate. A classic from the famous vineyards of Chablis. 75cl bottle £30.00

ROSE WINE

Sereno Pinot Grigio Blush - Italy 2
The height of fashion - light fresh strawberry flavours and very easy drinking makes this 'Blush' a real delight. 75cl bottle £15.50 / 175ml Glass £4.50 / 250ml Glass £6.00

Monterey Bay Zinfandel Rose - California 5
Quite the most delicious wine, a racy mix of watermelon and cherry with a delectable sweetness. 75cl bottle 16.50 / 175ml Glass £4.60 / 250ml Glass £6.20

RED WINE

Central Monte Merlot - Chile B
A beautiful bouquet of black cherries and red summer fruits. Soft tannins on the palate make for a very smooth and balanced wine. 75cl bottle £16.50 / 175ml Glass £4.60 / 250ml Glass £6.20

Parlez-Vous? Malbec - France C
A delightful ruby colour that has an expressive bouquet of red fruits that leads to a harmonious and nicely structured wine. 75cl bottle £16.50 / 175ml Glass £4.60 / 250ml Glass £6.20

Central Monte Cabernet Sauvignon - Chile C
Full bodied and velvety this wine is bursting with rich red fruits and a hint of vanilla. A real joy to drink. 75cl bottle £18.00

Jarra Wood Shiraz - Australia C
This classic Australian Shiraz is packed with ripe cherry and raspberry flavours with a pepper spice finish. 75cl bottle £22.00

Faustino Rivero Joven - Rioja - Spain B
A bright wine with red berry aromas underscored by notes of liquorice. 75cl bottle £25.00

FIZZ

Prosecco Serenello Extra Dry - Italy 1
The delicious aromas of apple and pear melt into a smooth and fresh wine on the palate. 75cl bottle £25.00 / 125ml Glass £5.00

Cuvée 1821 Sparkling Rose - Italy 1
This sparkling rose has a fine and seductively delicate mousse. On the palate it is soft and smooth with floral notes and red summer fruit flavours. 75cl bottle £23.00

Champagne De Castelnau Brut - Reserve - France 1
This 'Reserve Cuvée' has the soul of a vintage Champagne in the body of a non-vintage due to the long bottle aging of six plus years. 75cl bottle £40.00

Laurent-Perrier Cuvée Rosé £100 / Bollinger £70
Laurent-Perrier £55

COCKTAILS

£7 EACH
2 FOR £10

Plymouth Pink Gin
Plymouth gin with a dash of Angostura bitters, garnished with Lemon rind & citrus oils subtly complementing the flavour.

Vodka Martini
Vodka, dry vermouth and ice, garnished with lemon peel

Espresso Martini
Coffee-flavoured cocktail made with vodka, espresso coffee, coffee liqueur, and sugar syrup.

Sex on the Beach
Vodka & peach schnapps in a highball glass over ice. Filled with equal measures of cranberry and orange juice.

Old Fashioned
A blend of Makers Mark bourbon, Angostura Bitters and Gomme syrup garnished with a citrus rind and cocktail cherry.

Mojito
Half a lime in a Boston glass with a shot of gomme syrup. Rum and ice. Garnished with lightly-pressed mint leaves, and a mint sprig.