

STARTERS

Tortilla Chips with Salsa	6.95
<i>with Melted Cheese</i>	7.95
Lobster Bisque	7.95
Soup of the Day	6.95
French Bread, Olive Oil & Balsamic Vinegar	3.95
Dish of Mixed Olives	3.95
Garlic Bread	4.50
<i>with Melted Cheese</i>	5.50
Traditional Prawn Cocktail	8.95
Local Crab Cocktail	10.95
Local Lobster Cocktail	12.95
Breaded Butterfly Prawns, Chilli Dip	7.50
Veggie Samosas, Chilli Dip	7.95
Tiger Prawns with Chilli & Garlic Butter	9.95
Smoked Salmon, Capers, Brown Bread & Butter	9.95

PIZZA

EXTRA TOPPINGS 1.50

Cheese & Tomato	10.95
Mushroom	12.95
Ham	12.95
Pepperoni Sausage	12.95
Tuna, Onion & Garlic	13.95
Captains Meat Special	15.95
Captains Seafood	15.95
Veggie Special	15.95



THE CAPTAINS

PUB · RESTAURANT · ROOMS

MAINS

Half Lobster**	17.95	Lasagne	12.95
Whole GB or Thermidor**	30.95	<i>Beef or Vegetable* (Spinach, Onion, Peppers)</i>	
Lobster Linguine*	20.95	Enchilada with Chilli Beef, Kidney Beans, Salsa & Melted Cheese*	14.95
Seafood Linguine, Lobster, Crab & Prawns*	20.95	Smoked Haddock & Spring Onion Fishcakes, Chilli Dip**	15.95
<i>(Linguine Sauces, Tomato Base, Cream & Cayenne)</i>		Thick Slice of Warm Home Cooked Gammon Ham** (GF)	14.95
Seafood Gratin, Lobster, Crab & Prawns**	21.95	<i>2 Eggs or 2 Pineapple or Pineapple & Melted Cheese</i>	
<i>(Thermidor Sauce, finished with Parmesan)</i>		Cold Ham Eggs and Chips (GF)	11.95
Thai Red Tiger Prawn Curry, Rice & Flat Bread	16.95	Fillet of Seabass, Tiger Prawns, Chilli & Garlic** (GF)	19.95
Pan fried Tiger Prawns, Chilli & Garlic** (GF)	17.95	Local Battered Fish Goujons**	14.95
Wholetail Scampi**	14.95	Fillet of Local Plaice** (GF)	15.95
Fillet of Seabass, Hollandaise** (GF)	18.95	<i>Best Served Grilled with Butter</i>	

STEAK**

CHOOSE YOUR STEAK



FILLET STEAK	26.95
RIB EYE STEAK	21.95

FANCY ANY EXTRAS?

4 Chilli Garlic Prawns	5.00
Half Lobster Tail	8.00
Whole Lobster Tail	15.00
Garlic Butter/Diane Sauce/Peppercorn Sauce	2.50

BURGERS

BEEF 14.95 | CHICKEN 13.95

Served with Chips, Cheese & 2 Slices of Smoked Bacon



VEGGIE 11.95

Served with Chips & Cheese

EXTRA TOPPINGS

Jalapenos	0.95
Pineapple Rings	1.50
Fried Egg	1.50

SALADS

Goats Cheese	13.95
<i>On Crouton with Roasted Peppers, Walnuts & Basil</i>	
Home Cooked Ham	11.95
Tuna Mayonnaise	11.95
Prawn Marie Rose	15.95
Smoked Salmon	14.95
Half Lobster	17.95
Whole Lobster	30.95
Fresh Local Crab	18.95
Southern Fried Chicken	14.95
<i>Warm Chilli Sauce</i>	
Tiger Prawn	16.95
<i>Warm Chilli Sauce</i>	
Salmon, Prawns & Fresh Local Crab	20.95

ROOM FOR MORE?

Take a look at our dessert menu!

FOOD SERVICE HOURS

Monday - Saturday | 12 - 2 | 6 - 9

Sunday | 12 - 4 | 6 - 8

{ *1 side included | **2 sides included:
Mixed Green Vegetables, Mixed Salad,
New Potatoes, Chips | Extra Sides 4.25 }

ALLERGEN INFORMATION

Gluten Free only available on 9" Pizzas.

If you have any allergies or are gluten free please notify us before you order. Please always inform a member of our team of any allergies before placing your order, as not all ingredients can be listed.