



THE CAPTAINS

PUB · RESTAURANT · ROOMS

STARTERS

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|---|-------|
| 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

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|-----------------------|-------|
| 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 |

MAINS

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|--|-------|--|-------|
| 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 |
| Wholesale Scampi** | 14.95 | Fillet of Local Plaice** (GF) | 15.95 |
| Fillet of Seabass, Hollandaise** (GF) | 18.95 | <i>Best Served Grilled with Butter</i> | |

SALADS

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|---|-------|
| 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.

STEAK**

CHOOSE YOUR STEAK



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|---------------|-------|
| 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 |