

# lunch

## Panini / organic white or brown baguette

<b>Chicken pakora:</b> light spicy battered chicken, mixed salad and raita, with paw-paw mint chutney	£6.95
<b>King prawn cocktail</b>	£7.95
<b>Shredded beef</b> cooked with chilli, garlic, peppers and cheesy gravy	£7.50
<b>Two cheese and herb fritters</b> with BBQ sauce and cheese gratinated	£6.25
<b>Antipasto di verdure:</b> hummus, roasted pepper, salad leaves, cherry tomato, sunblush tomato, olives and borlotti beans	£7.50
<b>Meat balls in tomato</b> gratinated with mozzarella	£7.50
<b>Crispy bacon and red onion</b> with melted cheddar cheese	£6.25
<b>Chicken Cajun sauce</b>	£6.95
<b>Chicken fajita sauce</b>	£6.95
<b>Murg makhani</b>	£6.95
<b>Chicken mayo</b>	£5.75
<b>Tuna mayo</b>	£6.95
<b>Add a Baked Potato for only</b>	£0.50

## Salad

<b>King prawn cocktail,</b> set on petits herbes, and lemon wedges	£9.25
<b>HSI home-made antipasto di verdure,</b> flame roasted pepper, asparagus, olives, cherry tomato, sunblush tomato, hummus, borlotti beans and sliced wholemeal bread	£9.25
<b>Crispy chicken pakora salad</b> with mixed leaves, chick peas, melon, cocktail potato salad, with coriander, spring onion, vegetable raita and mint onion paw paw yoghurt dressing	£8.50
<b>Caesar salad</b> with Cajun seasoning herbs, garlic and English mustard marinated chicken strips with Parmesan cheese	£9.25
<b>Warm crispy chicken strips with mozzarella cheese,</b> cucumber, tomato, onion, pineapple and lettuce, with homemade sweet chilli and lemon vinaigrette dressing	£9.25

<b>Warm frying steak and beetroot salad</b> with capers, sour cream and horseradish jam	£9.50
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<b>Mozzarella, melon balls and prosciutto</b> salad with balsamic and olive oil	£8.95
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## Wraps

<b>Slow braised, topside of beef,</b> with cooked ham, caramelised onion, BBQ sauce, chilli mayo, lettuce and horseradish jam	£8.75
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<b>Pan grilled pork,</b> spicy sausage, black pudding, onion, lettuce, cheese, with Cajun mayo and sweet chilli sauce	£9.25
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<b>Fish taco:</b> deep-fried battered haddock, lettuce and mayonnaise, with a salsa of sour cream and chilli tomato	£8.75
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<b>Mixed local seafood,</b> cooked in Malaysian laksa flavoured with coconut cream	£9.75
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<b>Murg makhani:</b> tandoori chicken strips cooked in rich butter tomato sauce and cream	£9.50
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<b>Chicken pakora:</b> light spicy battered chicken, mixed salad and raita, with paw-paw mint chutney	£8.50
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<b>Shredded mild Cheddar cheese,</b> lettuce, cucumber, onion and tomato, olive oil and French dressing	£8.25
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<b>Chicken fajita</b>	£9.25
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<b>Chicken Cajun</b>	£9.25
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<b>Crispy chicken</b>	£9.25
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<b>Shredded beef</b> cooked with pepper, chilli, garlic and cheesy gravy	£9.75
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<b>Spicy chicken tikka,</b> mixed salad and raita, with paw-paw mint chutney	£9.25
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## Burgers

<b>HSI 6 oz burger</b>	£8.75
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<b>HSI 12 oz burger</b>	£11.25
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<b>Chicken fillet</b> marinated with fresh herbs, Cajun seasoning and English mustard	£9.25
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<b>Homemade Himalayan</b> style vegetable burger	£8.25
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All served with house salad, coleslaw and French fries

<b>Extra toppings:</b> bacon, fried egg, cheddar cheese, BBQ sauce, jalapeno pepper relish, tomato salsa, sweet chilli sauce, tomato relish, mayonnaise	each £0.70
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## Pasta

### Choose your pasta and sauce:

Tagliatelle  
Spaghetti  
Penne  
Macaroni

<b>Local lemon sole,</b> hake, chilli, lemon zest, onion, parsley, tomato and extra virgin olive oil	£10.50
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<b>Campagnolo:</b> tomato and basil sauce	£8.25
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<b>Meat balls in tomato,</b> gratinated mozzarella	£8.75
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<b>Boscaiola:</b> bacon, mushroom, onion, garlic, cheese and cream	£9.25
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<b>Amatriciana:</b> chicken and bacon, onion, garlic and tomato sauce	£9.25
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<b>Lewis mussels and king prawns,</b> tossed with garlic, chilli, white wine and extra virgin olive oil	£9.50
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<b>Fresh Lewis salmon and avocado</b> fricassée cooked in onion, garlic, white wine and cream cheese	£9.50
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<b>Local seafood</b> tossed with garlic, extra virgin olive oil, white wine, flat parsley and butter	£9.95
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## Hot dishes

<b>Braised topside of beef and cooked ham,</b> with BBQ sauce, lettuce, chilli mayonnaise and horseradish jam on wholemeal bread	£9.25
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<b>Folded calzone pizza,</b> stuffed with spicy beef, sausage, vegetables and cheese, gratinated with cheese and BBQ sauce, served with salad and chips	£9.50
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<b>Club sandwich:</b> filled with chicken mayonnaise, tomato, cucumber, cheddar cheese, bacon and fried egg. Choose either white or wholemeal bread	£7.50
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<b>Croque monsieur:</b> stuffed with poached chicken, bacon, red onion, béchamel and cheddar cheese	£7.25
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<b>HS-1 home-made steak pie</b> served with chips and vegetables	£9.95
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<b>Homemade warm leek and potato quiche,</b> with brie and spinach served with salad and chips	£8.95
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<b>Seafood chowder:</b> local mixed seafood cooked in leek, celery, peppers spicy sausages, sweet corn, rice and stock, served with crusty bread roll	£9.25
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# lunch

**Half grilled chicken** marinated with mustard, yoghurt Cajun spices served with fruity salad and mint yoghurt papaya dressing £10.95

**Homemade 10" pizza.** Your choice of  
/ Meat Feast (pepperoni, spicy sausage and chicken)  
/ Margarita (tomato and cheese)  
/ your own vegetable selection £9.95/£7.95/£8.95

**Mixed vegetable frittata**, gratinated with cheese, served with chips and salad £7.95

**Dingley Dell pork chop** with borlotti bean and cocktail potato salad £10.95

## Side dishes

French fries £2.25  
Battered onion rings £2.00  
Garlic bread £2.00  
Cheesy garlic bread £2.50  
Mixed house salad £2.95  
Black and green olives £2.00  
Coleslaw £2.00  
Mashed potato £2.00  
Steamed vegetables £2.00

**Children's menu** £6.75

**Spaghetti bolognaise**

**Macaroni cheese**

**Goujons of local white fish** with chips, beans or salad

**Crispy chicken strips** with chips and beans or salad

**Local mini sausages** with chips and beans or salad

**Baked potato** with baked beans or sweet corn

**Cheese and tomato pizza** with chips, beans or salad

**Home-made ice cream in a cone**

Each children's meal will be accompanied by our special children's cocktail created with a blend of fruit juices

## Desserts

Please see the specials menu

*Allergy and dietary information*

*Some items on this menu may contain nuts or other allergens. If you need advice, please ask your server, who will be happy to obtain the information you require.*

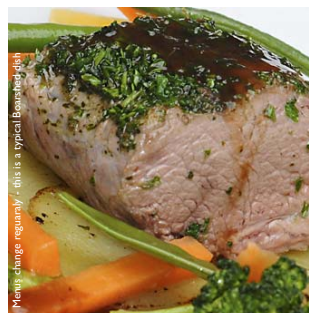
*All prices are inclusive of VAT at the standard rate. We insist on fresh ingredients of the highest quality - should any of these become unexpectedly unavailable, our ability to offer some menu items may be affected.*



Fancy a treat? Why not try our amazing, new home-made ice-cream Oreo sundae?



Flaming June. It's not too early to book for Christmas lunch - please ask for a brochure.



Delicious Early Bird dinner in the Boatshed: Monday to Saturday, 5-6.30pm, £14.75 for 2 courses or £17.50 for 3.



For the latest news, search 'HS-1'