



# POOLE ARMS *seafood bar*

## STARTERS & SNACKS

### **Boccaronies**

Anchovies marinated with garlic, served with crusty bread.  
£4.95

### **Fish Soup**

Home-made to our own recipe, served with crusty bread £5.95

### **King Prawns in Garlic**

Whole king prawns cooked in garlic, served with crusty bread  
£8.95

### **Gambas Pil Pil**

Peeled Prawns roasted with chillies in oil & butter, served with  
crusty bread £7.95

### **Salt & Chilli Squid**

Pan fried squid dusted with flour seasoned with salt and chilli,  
or if you prefer pan fried with garlic. £5.95

### **Cornish Sardines**

Pan fried, served with salad garnish, lemon wedge and brown  
bread £6.95

### **Herring Roes**

Pan fried with a touch of garlic, served on hot buttered toast  
with salad garnish and lemon wedge. £5.50

### **Moules Mariniere**

Always fresh and sourced from the best available. Cooked with  
white wine, garlic, onions and fresh cream and served with  
crusty bread. £6.95 / £10.50

### **Shell-on Prawns**

A full pint or a half pint jug of sustainable North Atlantic  
prawns served with marie rose sauce, wholemeal bread and  
salad garnish £10.95 / £5.95

## SIDE ORDERS

### **Side Salad**

Mixed Salad leaves, tomato, cucumber, onion, and mixed  
peppers with our homemade dressing. £2.95

### **Portion of New Potatoes**

Seasonal new potatoes with butter £2.50

### **Portion of Vegetables**

Fresh seasonal vegetables £2.95

### **Bread & Butter**

Demi 125g Barra Gallega, hand made and baked on the  
premises £1.50

## SALADS

### **Local Crab**

Fresh dressed crab on a bed of mixed salad, served with mayo and  
brown bread. £14.95

### **Mixed Seafood**

Squid, mussels, cuttlefish, octopus, prawns, cockles and peppers  
marinated in oil served on a bed of salad with brown bread.  
£13.95

## MAINS

### **Home-made Fish Pie**

A mixture of fish in our own special sauce topped with creamed  
potatoes & melted cheese, served with crusty bread £10.95

### **Smoked Haddock Pot**

Natural smoked haddock poached in milk and topped with a  
creamy leek, cheese & wholegrain mustard sauce, sliced  
tomato, scallop potatoes and finished under the grill with melted  
cheese, served with crusty bread. £11.95

### **Poole Arms Seafood Casserole**

Our version of the French classic Bouillabaisse, Fish and shellfish  
stew with a Mediterranean influence, served with crusty bread.  
£15.95

### **Cajun Style Cat Fish**

Fillets of Catfish (pangasius) dusted in cajun spices and pan  
fried, served with coriander and lemon couscous and salad. If you  
would like it extra hot just ask. £11.95

### **Smoked Haddock Fillet**

Fresh locally sourced natural smoked haddock served on a bed of  
seasonal greens, topped with a free-range poached egg and a side  
of new potatoes £13.95

## FRESH FISH OF THE DAY

Please see our chalk board for the catch of the day.

Everything we serve is cooked to order, all our fish is pan fried,  
grilled, poached or ovenbaked to your liking.

### **Sustainability**

"Meeting today's needs while protecting tomorrows" We are totally  
committed to responsible sourcing and cooking the best of the  
world's catch from well managed and sustainable fisheries.

For Allergy Advice please ask a member of staff

Prices include VAT at the current rate of 20%.

Gratuities are at your discretion and are split between the staff.