



KICK OFF WITH A COCKTAIL

Aperol Spritz | Espresso Martini
Negroni | Passion Fruit Martini All 10.5

THE COASTGUARD

FOR THE TABLE

STARTERS

Soup of the day gfo, v, veo 7.7
sourdough

Korean chicken gf 9.4
spicy gochujang sauce, sesame,
spring onion, lime mayo

Calamari gf 9.0
sweet chilli dip

King prawns gfo 12.9
crispy garlic, shallot
& chilli butter

Veggie spring rolls n, ve 9.0
satay peanut sauce

Mussels gfo 10.9
tomato, chorizo, saffron,
cream, white wine

LIGHT BITES

Grilled chicken Caesar salad gfo 16.0
baby gem, Twineham Grange, Caesar dressing
Make it veggie 12.0

Club sandwich gfo 9.9
chicken, bacon, lettuce, tomato, mayo

Hot honey halloumi flatbread v 13.9
tzatziki, fresh chilli, spring onions

Pulled pork flatbread 13.9
BBQ sauce, spring onions, chilli, slaw

POKÉ BOWLS

All with coconut rice, pickled veg (carrots, cucumber
& cabbage), edamame beans, honey, soy & ginger dressing

Choose your topping:

King prawns gf 15.9

Chicken gf 15.5

Vegan gf, ve 14.5

Handful
of fries?
Add 2.6

Baked chorizo gfo 7.5
red wine, honey & sourdough

Lemon & coriander hummus ve, gfo 6.5
flatbread fingers

Nocellara olives ve, gf 5.5
lemon, thyme, rosemary

Loaded fries gf 8.5 | 16.2
pulled pork, sriracha mayo, slaw

Smoked mackerel pate gfo 6.5
ciabatta crispbread

Fried potato pavé bites n, v, gf 5.9
romesco sauce

Fish goujons gf 6.2
fresh haddock, tartare sauce

Sourdough v 6.5
whipped tomato & herb butter

CHEF SPECIALS

Hunter's chicken schnitzel gf 18.5
cheddar, bacon, BBQ sauce, fries, slaw

Catch of the day gf market price

Mussels & fries gfo 21.9
tomato, chorizo, saffron, cream, white wine

Pork belly gf 19.5
mash, hispi cabbage, wholegrain mustard sauce

Lamb rump n, gf 25.9
pave potato, romesco sauce, salsa verde, tenderstem

Sweet potato & spinach curry ve 16.5
lemongrass, coconut milk, jasmine rice

Add chicken 4.0

SIDES

Fries gf | Onion rings gfo | Mixed salad gf | Slaw gf All 5.2

Triple-cooked chips gfo | Tenderstem, toasted almonds & garlic butter n, gf

n - nuts | v - vegetarian | ve - vegan | veo - vegan option available
gf - gluten free | gfo - gluten free option available. All other items contain gluten.

PUB CLASSICS

Steak & ale pie 19.5
triple-cooked chips or mash, hispi cabbage, gravy

Vintage cheddar, potato & leek pie v 18.9
triple-cooked chips or mash, hispi cabbage, gravy

Wholetail scampi 16.9
triple-cooked chips, peas, tartare sauce

Fish & chips gf 19.5
triple-cooked chips, crushed peas, tartare sauce

FROM THE GRILL

BURGERS

The Classic gfo 18.5
6oz beef burger, bacon,
Monterey Jack, burger sauce

Panko halloumi gfo, v 16.9
hot honey sauce

Battered fish gfo 18.5
tartare sauce

Korean chicken burger gfo 18.9
spicy gochujang sauce, buttermilk chicken,
lime mayo, sesame seeds

All with soft brioche bun, baby gem,
beef tomato, gherkin, slaw & fries

STEAKS

6oz rump gf 23.9

8oz rib-eye gf 33.5

8oz sirloin gf 28.9

All with triple-cooked chips, watercress & tomato,
plus choice of peppercorn sauce or garlic butter

START YOUR WEEK WITH US...

**BURGER
MONDAY**

FROM
5PM!

**STEAK
WEDNESDAY**

ANY 2 BURGERS, FRIES
& SLAW FOR £25

BOGOF ON ALL
STEAK MAINS!

We're a cashless venue,
accepting all major cards



US@THECOASTGUARD.CO.UK
THECOASTGUARD.CO.UK

SOMETHING TO END ON...

Amaretto disaronno	4.3
Baileys 50ml	4.8
Cointreau	4.3
Drambuie	4.3
Limoncello	4.9
Tia Maria	4.3

WE LOVE A CELEBRATION!

Weddings

Birthdays

Family Meals

Get-Togethers

Work Events

Celebrations of Life

BOOK YOUR NEXT WITH US!

DESSERTS

Sticky toffee pudding ^{gf} 8.5
vanilla ice cream, toffee sauce

Chocolate & hazelnut cookie dough ⁿ 8.5
chocolate & sea salt ice cream,
choc-covered honeycomb

Banana cheesecake ⁿ 8.5
caramelised bananas, candied pecans,
Kalhua syrup

Lemon tart ^v 8.5
raspberry sorbet

Coconut panna cotta ^{gf, ve} 8.5
red berries, raspberry sauce,
raspberry meringue

Ice cream 2.5 per scoop
Chocolate & sea salt | Vanilla | Strawberry
Bramley apple & custard | Salted caramel fudge
Raspberry sorbet | Vegan caramelised biscuit

Affogato ^{n, v, gf} 7.0
vanilla ice cream, toasted hazelnuts
& a single espresso shot

WAFFLE SUNDAES

Sticky toffee 9.9
salted caramel ice-cream, vanilla ice cream,
sticky toffee sauce

Red berries 9.9
strawberry ice cream, vanilla ice cream,
fresh berries, raspberry sauce

JOIN US ON A SUNDAY!

*Roast dinners
All day!*



Little roast lovers
welcome!
All roasts available
in kids' size

Roast sirloin of beef ^{gfo} 22.0

Roast garlic & thyme chicken ^{gfo} 19.5

Slow cooked pork belly with crackling ^{gfo} 19.5

Veggie roast (ask team for this week's option) ^{gfo, v, veo} (may contain nuts) 18.2

All served with roast potatoes, Yorkshire pudding, stuffing, gravy
& Chef's selection of vegetables

Coming up at The Coastguard...

EASTER WEEKEND

Join us for kids Easter Egg Hunt & colouring activities, Sunday roasts
& Easter specials | Friday 3rd - Monday 6th April

GOOD FRIDAY APRIL 3RD

FREE Mind-reading & Magic with Ashley Green
From 5pm - FAMILY-FRIENDLY!

SPEAK WITH ONE OF OUR TEAM TO BOOK YOUR TABLE!

GET THE LATEST

FOLLOW US ON SOCIALS



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@thecoastguardonthebay

SIGN UP TO OUR EMAILS



for all the latest news,
events, birthday treats,
& even freebies!

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