Click and Collect pre-ordering available at www.frydays.net and via our facebook page



2 The Burrow, Seaton, Devon, EX12 2LW Tel: 01297 23911

Specialty Seafood (when available)

* Seafood Medley (Battered Chunky Cod Bites, Salt & Pepper Squid, Breaded Prawns and Panko Calamari) £9.90 Whitebait £8.00 **Grilled Swordfish Steak gf** £8.25 **Grilled Tuna Steak gf** £8.25 **Grilled Salmon Fillet gf** £9.25 **Red Snapper** £8.50 **Battered Squid Rings (8)** £8.75 **Tiger Prawns in Filo Pastry (7)** £8.00 Skate (when available) £8.50 Rock (Huss) (when available) £8.25

Fish

Market Fish / Catch of the Day	£8.00
	644.00
Large Cod	£11.00
Standard Cod	£9.00
Mini Cod	£8.00
Cod Goujons	£7.50
Haddock	£9.00
Plaice	£8.00
Wholetail Scampi (8)	£8.00
Cod Roe (2)	£5.50
Fishcakes (2)	£5.50
Cod Fishfingers	£4.50

to ou

Pukka Pies & Chunk Pasties

Market Eich / Catch of the Day

Steak & Kidney Pie	£5.75
Mince Beef & Onion Pie	£5.75
Chicken & Mushroom Pie	£5.75
Vegan Chicken & Mushroom Pie v vg	£5.75
Steak Pasty	£6.00
Roast Vegetable Pasty v vg	£5.75

10	0	/	Ch		ken
TU	JU 7	′ o '	CH.	IC	кеп

1/4 Roast Chicken	£7.25
Chicken Nuggets	£6.50
Chicken Burger	£6.00
Chicken Burger + Bacon + Cheese	£8.50
Southern Fried Chicken Goujons	£6.50
Katsu Chicken (sliced chicken over chips	
smothered in Katsu Curry Sauce and topped	
with spring onions)	£11.25

Jacket Potatoes

Plain (without butter) gf v vg	£4.25
Plain (with butter) gf v	£4.25
With Baked Beans gf	£6.00
With Tuna Mayo gf	£7.00
With Cheese gf	£6.00
With Baked Beans & Cheese gf	£7.00

Burgers served in a bun with lettuce and relish

	4oz	8oz	
Beef Burger	£5.50	£7.50	
Cheese Burger	£6.50	£8.50	
Bacon & Cheese Burger	£7.50	£9.50	
Triple Decker Burger (3 x 4oz Beef patties			
with cheese & battered onion rings	12 oz	£11.00	
Veggie Burger	£5.00		

All our chips are from locally grown potatoes, freshly prepared and cut by hand daily

		Cheesy
Small Chips (1 scoop) gf	£2.75	£4.75
Standard Chips gf	£3.75	£5.75
Large Chips gf	£4.75	£6.75

Sausages

Saveloy	£3.75
Sausages (2) (Plain or Battered)	£3.75
Jumbo Sausage (1)	£3.75

Side Orders

Mushy Peas/Baked Beans (4oz pot)	gf£1.75
Curry Sauce/Gravy (4oz pot)	£1.75
Katsu Curry Sauce (4oz pot)	£2.00
Homemade Tartare Sauce (2oz pot)	£1.50
Onion Rings (5)	£3.00
Onion Rings (10)	£5.00
Breaded Brie Wedges	£5.00
Breaded Garlic Mushrooms	£4.50
Homemade Mushy Pea Fritter	£2.50
Pineapple Fritter (2 in golden syrup)	£4.50
Pickled Egg / Gherkin	£1.50
Pickled Onion	£1.00
Bread Roll & Butter	£1.50
Sweet Chili Sauce	£1.50
BBQ Sauce	£1.50
Garlic Mayo	£1.50
Heinz Squeeze Me's	£0.75
Cutlery Pack	£0.75
Vinegar Bottles	£2.00
Vinegar Bottles Gluten Free	£2.25

Hot Drinks

Tea / Coffee	£2.75
Hot Chocolate	£3.25

Soft Drinks

330ml Can/Bottle	£1.75
500ml Bottle	£2.50
Mineral Water	£2.00
Milkshake (Bottle)	£3.50