



THE POTTED LOBSTER

EST. 2021

GLUTEN-FREE

Nibbles

Gordal Olives (v) ... £6

Anchovies ... £6

Charcuterie For Two- cured meats, caper berries, olive oil, balsamic, gluten free bread ... £24

Menai Oysters with Mignonette sauce and dill ... £4 each

Starters

The Potted Lobster - local lobster, brown shrimp, white crab, lemon, crème fraiche, gluten-free bread ... £17

Pan Seared Scallops- Curried cauliflower puree, crispy masala chickpeas, pickled cauliflower ... £17

Seared Scallops with lobster bisque, samphire, chorizo ... £16

Octopus - Romesco sauce, chorizo, chive oil ... £16

Beetroot Salad (v)- Whipped goats curd, salt baked beetroot, pickled shallot, roasted walnut ... £10 (add grilled mackerel £6)

Mains

Locally Caught Lobster- baked with garlic butter, fries, aioli, rocket salad ... Market Price

Moules Marinieres- White wine, garlic & cream, gluten free bread
£14 Starter

£26 Main (with fries)

Whole Sole- Tartar & dill butter, samphire, lemon ... £34

Dressed Crab- Aioli, gluten free bread, garden salad, salt baked potatoes with laverbread butter ... £28

Cod Loin- Bombay Aloo, curried cauliflower, buttered samphire, spinach & peas ... £30

10oz Welsh Rib Eye Steak ... £38/ 8oz Fillet Steak ... £46

Chunky chips, rocket salad, garlic butter, field mushroom, confit tomato

Chicken Caesar Salad- Streaky bacon, anchovies, gem lettuce, parmesan, Caesar dressing ... £20

Hispi Cabbage (vg) - Romesco sauce, flaked almonds, crispy chickpeas, cavolo nero ... £18

FOOD ALLERGIES & INTOLERANCES:

BEFORE ORDERING, PLEASE SPEAK TO OUR STAFF ABOUT YOUR DIETARY REQUIREMENTS



THE POTTED LOBSTER

EST. 2021

GLUTEN-FREE

Sides

Truffle & Parmesan Fries (v) £6 | Fries (vg) £5 | Chunky Chips (vg) £5
Salt Baked Potatoes & Chermoula Dressing (vg) £6 | Tenderstem Broccoli (v) £5
Samphire, Spinach & Peas in Salted Butter (v) £6

Dessert

Strawberry & Elderflower Pavlova- Vanilla Chantilly, strawberry & prosecco sorbet ... £11
Salted Caramel Pannacotta & Dark Chocolate Ganache ... £10
Pineapple Carpaccio- Coconut sorbet rum syrup (vg) ... £9

Kids

Half a Grilled Local Lobster- Fries, rocket salad ... Market Price
4oz Sirloin Steak- Fries & peas or beans ... £16
Eton Mess- Meringue, vanilla whipped cream, berry compote ... £8
Ice Cream Sundae- Vanilla, chocolate & strawberry ice cream,
whipped cream with chocolate, raspberry or toffee sauce ... £8
Ice Cream (Vanilla/ Strawberry/ Chocolate) ... £3.50