

# RNLI COLLEGE

## STARTER OR LIGHT BITES

Fresh soup of the day **vg,gf,df 4.75**  
served with a crusty bread roll. **cg,v,df**

Baby gem lettuce. **vg,df,gf 4.75**  
Filled with guacamole, coriander soya yoghurt and sweet chilli dressing.

Falafel. **vg,df,cf 6.25**  
With dipping sauces, fresh lime and salad.

Smoked trout fillet. **gf,df,cf 6.95**  
On dressed salad finished with coriander soya yoghurt and lime.

Mediterranean salad. **cg,df,vg 10.75**  
A cocktail of roasted vegetables, olives, fresh lime, Moroccan couscous; sprinkled with toasted seeds and pomegranate.

Smoked trout fillet and poached salmon. **cf,df 12.95**  
On dressed salad with roasted vegetables, finished with a coriander soya yoghurt and lime dressing.

Warm salad. **ce,df,gf,v 5.95**  
Mushrooms, new potatoes, tomatoes and spring onions, topped with a poached egg.

## OPENING HOURS

Come and enjoy our signature breakfast with a view.  
7am until 10am

Our all day menu can be enjoyed either in the Slipway bar, Riggers restaurant or outside seating area.

Our last bookings are taken at 9:45pm

Stormy Stan's children's menu is available throughout

Two course meal with a drink **7.00**

## FROM THE SEA

Grilled fillets of pollock **cf,gf,df 11.50**  
Braised baby gem lettuce, chickpeas and a Thai green curry, spring onions and fresh lime.

Salmon and dill fish cakes. **cf,cg,df 12.50**  
With mushy peas, minted new potatoes, served with Tartar sauce.

Baked salmon. **cf,ce,gf,df 12.95**  
Served with a salad of French beans, tomatoes, olives and a boiled egg.  
or add a roasted chicken breast instead of fish.

Seafood noodles. **df,cf,cf 12.95**  
A selection of fish, cooked with roasted vegetables, coconut milk served with Udon noodles.

Beer battered fillet of fish. **cg,df,cf 12.50**  
With minted mushy peas, chips and Tartar sauce.

Mussels mariniere. **csf,cd,gf**  
Cooked with garlic, onion, white wine and cream, served with bread roll.  
Small **7.95** Large **16.50**

## PIZZA & PASTA

Hand-rolled pizza with tomato sauce and Mozzarella cheese (Vegan cheese available).

Margherita. **v,cd,cf 7.25**  
Tomato sauce and Mozzarella.

Plant based. **vg,cf,df 7.25**  
Roasted vegetables, olives, Tofu.

Fisherman's choice. **cf,cd,cf 8.25**  
Smoked salmon, trout and anchovies.

Angry farmer meat feast. **cg,cd 8.25**  
Salami, chicken, bacon and Chorizo.

Sunny Greek. **cg,cd,v 8.25**  
Feta cheese, red onions, tomato and peppers.

Penne Pasta. **gf,df,vg 7.50**  
Roasted vegetables, olives, and rustic tomato sauce.

## FROM THE GRILL

Minute steak. **cg,cd 14.50**  
Cooked to your liking, topped with garlic butter, served with dressed house salad, fried onion rings and chips.

Chicken breast. **gf,df 12.95**  
Smothered in BBQ sauce, topped with bacon and cheese, served with a house dressed salad and chips.

Beef burger. **cg,df 12.95**  
¼lb beef burger, topped with Chorizo, bacon, melted cheese, on a toasted bun, served with slaw, fried onion rings and chips.

## STREET FOOD CLASSICS

Falafel tortilla wrap. **cg,df,vg 8.95**  
With guacamole, tomato salsa, coriander soya yoghurt dressing, fresh lime and chopped salad.

Chicken tortilla wrap. **cg,df 9.50**  
Southern fried chicken breast, chopped salad, guacamole, tomato salsa and coriander soya yoghurt dressing.

Mediterranean chicken strips. **cg,cd 10.70**  
On a spinach, avocado and tomato salad with Feta, fresh basil with tomato salsa and lime sauce on a warm open Khobez flatbread.

Chicken wings. **f,cf 12.95**  
A dozen chicken wings, choose from BBQ sauce or hot salsa, served with a dressed house salad and chips.

## ALLERGY ADVICE

If you are allergic or intolerant to any food, please let us know upon placing your order. Whilst we endeavour to avoid any cross contamination when processing a specific allergen free order, our kitchen does not have a specific allergen free zone. Deep fried wheat and gluten dishes will use the same fryers in the kitchen as dishes not containing these ingredients – there may be a risk of cross contamination which could affect extremely sensitive sufferers. For more information about any of our dishes please ask a member of our team.

<b>gf</b> Gluten Free	<b>df</b> Dairy Free	<b>v</b> Vegetarian	<b>cd</b> Contains Dairy	<b>cg</b> Contains Gluten
<b>cs</b> Contains Soya	<b>cm</b> Contains Mustard	<b>cf</b> Contains Fish	<b>cc</b> Contains Celery	<b>csf</b> Contains Seafood
<b>cn</b> Contains Nuts		<b>vg</b> Vegan	<b>ce</b> Contains Eggs	

## SIDES AND NIBBLES

All at **3.75**

Portion of guacamole. **vg,gf,df**

Trio of baked crispy bread rolls. **cg,df,vg**

Dressed house salad with lemon oil. **df,gf,vg**

Portion of fresh vegetables. **gf,df,vg**

Portion of sweet potato fries. **cg,vg,df**

Portion of sweet potato fries. **cg,vg,df**

Bowl of mixed marinated olives. **vg,df,gf**

## SOMETHING SWEET

All at **6.00**

Selection of ice creams. **cd,gf,v**  
Strawberry, chocolate chip, vanilla, chunky chocolate, salted caramel.

Selection of sorbets. **gf,df,vg**  
Lemon or raspberry.

Choice of English and Continental cheeses with biscuits and tomato chutney. **cg,cd,v**

Fresh fruit salad with pomegranate. **vg,df,gf**

Warm waffle. **cd,cf,v**  
Topped with salted caramel sauce and vanilla ice cream.

Today's cheesecake. **cd,cf,v**

