

Smollensky's Strand Sample Menu

Nibbles

Smoked almonds (v, n, ve, gf, df) £3.50

Vinci olives (ve) £3.95

*Crusty bread with oil, balsamic & butter (v)
£3.50*

Cheddar cheese popcorn (v) £2.50

Starters

*Flour-dusted calamari £6.75
Fried and served with garlic mayonnaise*

*Chicken skewers (gf, df) £6.50
Grilled and served with lime, coriander and
peanut sauce*

*Garlic mushrooms on toast (v) £5.95
Garlic portobello mushrooms, miso butter,
grilled baguette*

*BBQ ribs £6.95
Smoky hickory BBQ sauce*

*Crispy Thai crab cakes £6.95
Lime and coriander sour cream*

Goat's cheese and caramelised onion tart (v)

£6.75

Served warm with balsamic glaze

Main courses

Superfood kale salad (ve, n, gf, df) £10.50

*Green kale, broccoli, red cabbage,
chickpeas, red rice and quinoa, roasted
peppers, grilled courgettes, avocado and
pomegranate seeds with a lemon, almond
and ginger dressing*

With grilled chicken £13

Caesar salad with oat and nut crumble (n)

£9.50

*Cos lettuce, Caesar dressing, poached egg,
crunchy oat and nut crumble, parmesan
cheese*

With chargrilled blackened chicken £12

Cajun spiced half chicken £15.50

*Sweet potato fries, watercress, lime and
coriander sour cream*

Full rack of BBQ pork ribs £15.95
*Skin-on fries, creamy coleslaw and
homemade pickled cucumber*

Blackened salmon fillet (gf, df) £16
*Grilled salmon, avocado and tomato salsa
and watercress*

Fish and chips £12.95
Tempura battered cod, chunky chips,
smashed pea, broad bean and mint salsa,
tartare sauce

Steaks

Our steaks are chargrilled and served with
watercress and grilled lemon with your
choice of skin-on fries, sweet potato fries,
mashed potato or a rocket and parmesan
salad

8oz Flat iron £14.50

10oz Rump £17.50

6oz Ribeye £15.50

17oz T bone £27.50

Sauces £1.50

Béarnaise

Miso butter

Black and blue

Peppercorn

Burgers

All our burgers come in a brioche bun with lettuce, tomato and skin-on fries (gluten-free buns are available on request)

Classic burger £10.50

Beef burger, caramelised onions, cheddar cheese and bacon jam

Fully loaded £13.50

7oz Beef burger, caramelised onions, bacon jam, maple bacon, fried egg, cheddar cheese and onion rings

Falafel burger (v) £11

Hummus, roasted red peppers, rocket and sweet chilli sauce

Buttermilk fried chicken burger £13.50

Caramelised onion, chipotle mayonnaise, cheddar cheese

Add on £1.50 each

Crispy bacon, fried egg, onion rings, gorgonzola, avocado, roasted red peppers

Sides - all £3.25

Skin on fries (v)

Chunky chips (v)

Rocket and parmesan salad (v, gf)

Sweet potato fries (v)

Creamy slaw (v)

Garlic mushrooms (v)

Creamed spinach (v)

Mash potato (v)

Onion rings (v)

Desserts

Peanut butter cheesecake £5.50 (n) (v)
Caramel sauce and crushed pistachio nuts

Chocolate caramel brownie £5.95 (V)
*Chocolate flake, vanilla ice cream and
chocolate sauce*

Melting ice cream sundae £6.50 (v)
*Vanilla ice cream, chocolate brownie,
marshmallows, popcorn, warm salted
caramel sauce*

Banoffee pie £5.95 (v)
*Caramel, whipped cream, bananas and
chocolate sauce*

Warm cinnamon doughnuts £6 (v)

Chocolate sauce and strawberries

**Menu last updated March 12th 2017
Pricing and dishes subject to change.
Dishes are representative of the type of food
available at the restaurant.**