

MARKET FISH.

A selection of fresh fish from our daily grilled fish specials.
Market Price.

Barramundi	Red Emperor
Atlantic Salmon	Blue Eye
King Salmon	Hapuka
Ocean Trout	Sand Whiting
Swordfish	John Dory
Tuna	NSW Kingfish
Spanish Mackerel	Flathead
Coral Trout	Bream
Mulloway	Mirror Dory
Snapper	Octopus
Mahi Mahi	Murray Cod

FISH FROM THE FRYER.

All served with tartare sauce & lemon

Battered Fish & Chips MSC certified New Zealand Hoki	\$14
Crumbed Calamari (10pc) & Chips	\$14
Crumbed Prawn Cutlets (5)	\$13

*Please note that deep fried foods are best consumed immediately

SIDES.

Green Salad Mixed garden greens, fresh cucumber, tomato and olives with house made vinaigrette	sml \$5 lrg \$7
Seasonal Coleslaw Shaved cabbage, heirloom carrot, radish and nashi pear in a honey mustard dressing	\$8
Honey Roasted Carrots with toasted cumin seeds and lemon yoghurt	\$8
Broccoli Fresh broccoli florets with lemon, garlic, shaved parmesan and EVOO	\$8
Mushy Peas Garden peas mashed with cream and fresh marjoram	\$5
Creamy Mash Potato	\$8
Onion Rings	\$6
Chips Chips with sea salt	med \$5 lrg \$8
Cauliflower Chick peas, beetroot, roasted onion,	\$10

DESSERTS.

Pat & Stick's Ice-Cream Sandwiches Ask about daily flavours	\$5.5
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BURGERS.

Burgers served on a fresh brioche bun by the Bread & Butter Project

Thai Fish Burger Fresh fish ground with a mild fragrant curry paste	\$12
Andrew's Crumbed Fish Burger Daily crumbed fish burger, tartare sauce and salad	\$12
Fine Fish Salmon Burger Fresh salmon with dill and mustard mayonnaise	\$12
Pan Roasted Scallops Juicy scallops pan roasted and served with our homemade tartare	\$2.5 each
Char Grilled Octopus Coffs Harbour Octopus marinated in chimichurri	\$15
Fish Taco 2 flour tortillas with battered fish, slaw salad and spicy chipotle mayo	\$16

Why seafood?

Low in fat - Seafood averages 2% fat, fewer kilojoules than even the leanest meat or chicken.

Rich in omega 3 - A natural source of omega 3 fatty acids: the good fats in the human diet, an essential nutrient for body and brain function.

High in protein - 150grams (1 serve of fish) provides 50-60% of our daily protein requirements.

Low in cholesterol - Eating fish 2 to 3 times a week can help lower cholesterol & reduce the risk of heart disease.

We make everything to order from the highest quality and freshest ingredients. Enjoy!