

TJ's

~The RESTAURANT by The HARBOUR~

'ONE PLATE MEALS'

~ FISH of the DAY, Filleted and served as YOUR CHOICE of.....

1 Panfried Buerre Noisette Served on a Warm Salad with Sautéed Potatoes, Mushrooms, Kale, Pine Nuts, Radishes, Nutmeg and Rocket with Lemon Dressing £15.95 GF*i*

OR

2 Deepfried in 'Bay's' Beer Batter with Chips, Peas and TJ's Tartare Sauce £15.95

OR

3 Panfried and Served with Potato Gratin with Watercress Puree, Stirfry Vegetables and Corriander, with Confit Peppers, Sundried Tomatoes, Roquitto Chilli Pearls and finished with Tomato Oil £17.75 GF*i*

~ Slow Braised Belly Pork GF*i* Please ask

Infused with Sorrel & Citrus Zest, served on Potato and Apple Rosti, Stir Fry Vegetables and Bacon Lardons with Breaded Black Pudding and finished with a Cider Cream Sauce, £17.45

~ Succulent Steak GF*i* Please ask

A 10oz Prime 'Red Tractor' Rump Steak served Sliced on a Medley of Mushrooms, Onions & Cherry Tomatoes in a Balsamic Reduction with Chips, Peas & Onion Rings £18.95

~ Curried Lentil Croquettes V

Full of Subtle Curry Spices, Green lentils, Green Peppers and Carrots, served with Sautéed Pak Choi, Seasonal Greens, Raisins and Apple, with Coriander Rice and a Rich Curried Tomato Salsa and finished with a Yoghurt Sauce £16.75

~ Pan Roasted Duck Breast GF*i* Please ask

Served on a Sweet Potato Cake, with Cauliflower Puree, Stirfry Vegetables, a Rich Port and Plum Jus and garnished with Caramelised Balsamic Shallots £20.95

FOOD ALLERGIES AND INTOLERANCES:

If you have any concerns regarding dietary requirements please speak to our Staff before you order

GF *i* = Gluten Free ingredients ~ Underlined ingredients can be substituted or removed.