BREAKFAST

SERVED MONDAY - SUNDAY 9AM - 3PM

SMALL FULL ENGLISH BREAKFAST 9.95
One cumberland sausage, one smoked bacon, one hash brown, one poached egg, heinz baked beans & a whole grain toast.

SCRAMBLED EGGS 9.95
Made with 3 eggs and served with a whole grain toast.

MENEMEN 9.95
Scrambled eggs folded into rich tomato, pepper & onion finished with olive oil, served with a whole grain toast.

PLAIN OMELETTE 8.95
Made with three eggs served with a slice of whole grain toast.

CHEESE & HAM OMELETTE 10.95
Made with three eggs and served with a slice of whole grain toast.

BANANA PANCAKES (V) 9.95
American style buttermilk pancakes with Banana & Nutella.

BACON PANCAKES 9.95
American style buttermilk pancakes, with smoked bacon & maple syrup.

SHAKSHUKA (V) 10.95
Roasted tomatoes, onions & peppers, gently spiced with paprika, cumin & chilli, topped with poached eggs and served with a whole grain toast.

CRUSHED AVOCADO (V) 10.95
Crushed avocado on a whole grain toast with poached eggs & grilled tomato.

EGGS BENEDICT 12.95
Poached eggs and hand cut ham, on a lightly toasted muffin with a creamy hollandaise sauce.

FRESH FILLET OF SALMON 15.95
Poached salmon with two poached eggs served with Hollandaise sauce and a slice of whole grain toast.

VEGAN BREAKFAST (VE) 13.95
Two vegetarian sausages, two hash browns, avocado, grilled tomato, heinz baked beans, mushrooms & a slice of whole grain toast.

LARGE FULL ENGLISH BREAKFAST 13.95
Two cumberland sausages, two smoked bacon, heinz baked beans & grilled tomato, poached egg, two hash browns, mushrooms a whole grain toast.

VEGETARIAN BREAKFAST (V) 13.95
Two vegetarian sausages, poached egg, two hash browns , grilled tomato, heinz baked beans, mushrooms and a slice of whole grain toast.

BUBBLE BENEDICT 12.95
Poached eggs slice of ham on a homemade bubble & squeak with creamy hollandaise sauce.

EGGS ROYALE 12.95
Poached eggs & Scottish smoked salmon, on a lightly toasted muffin with a creamy hollandaise sauce.

THE WAVE SURF & TURF 16.95
5 king prawns in garlic butter, 2 Cumberland sausages, 2 pouched eggs sautéed peppers & onions, grilled tomato, served with a whole grain toasted.

LUXURY STEAK BREAKFAST 25.95
28-day Aged 8oz Sirloin steak, fried egg, two hash browns , mushrooms, grilled tomato, heinz baked beans & a slice of toast.

KIDS BREAKFAST

8 YEARS OLD & UNDER | SERVED 9AM - 12PM

KIDS BREAKFAST 6.95
One cumberland sausage, one smoked bacon, Fried egg and heinz baked beans.

KIDS VEGETARIAN BREAKFAST 6.95
One vegetarian sausage, one hash brown, Fried egg and heinz baked beans.

HAM, EGG & CHIPS 6.95

SCRAMBLED EGGS & BEANS ON TOAST 6.95

AMERICAN STYLE PANCAKES 6.95
Served with a topping of your choice
- Banana & Nutella
- Smoked bacon & maple syrup

KIDS MAINS

8 YEARS OLD & UNDER | SERVED FROM 12PM

CHICKEN NUGGETS & CHIPS 6.95
Served with beans.

FISH FINGERS & CHIPS 6.95
Served with beans.

TWO SAUSAGES & CHIPS 6.95
Served with beans.

SCAMPI & CHIPS 6.95
Served with beans.

LINGUINE POMODORO 6.95

ALL DAY BREAKFAST

SERVED MONDAY - SUNDAY 12PM - 5PM

ALL DAY FULL ENGLISH BREAKFAST 15.95
Two cumberland sausages, two smoked bacon, fried egg, grilled tomato, heinz baked beans, two hash browns, mushrooms & a slice of whole grain toast.

ALL DAY VEGAN BREAKFAST (VE) 15.95
Two vegetarian sausages, two hash browns, avocado, grilled tomato, heinz baked beans, mushrooms & a slice of whole grain toast (dairy free butter).

ALL DAY VEGETARIAN BREAKFAST (V) 15.95
Two vegetarian sausages, fried egg, two hash browns, grilled tomato, heinz baked beans, mushrooms & a slice of whole grain toast.

CIABATTAS

SERVED MONDAY - SUNDAY FROM 12PM - 3PM
ALL SERVED WITH SALAD GARNISH AND HOMEMADE CHIPS

PORK BELLY CIABATTA 12.95
Slow cooked roulade smoked barbecue sauce & sour red cabbage.

CAJUN CHICKEN CIABATTA 11.95
Lettuce and mayonnaise.

PRAWNS CIABATTA 13.95
Lettuce, avocado, Marie Rose sauce.

SMOKED SALMON CIABATTA 13.95
Avocado, gherkin lettuce and Marie Rose sauce.

HALLOUMI CIABATTA 11.95
Tomatoes ,green pesto.

DUCK CIABATTA 12.95
Sliced cooked duck, cherry marmalade, & sour red cabbage.

TUNA CIABATTA 10.95
Lettuce, mayonnaise , served new potatoes salad and leaves.

SOFT DRINKS

SODA WATER	3.75
SAN PELLEGRINO SPARKLING NATURAL WATER 50CL	3.95
ACQUA PANNA TUSCANY NATURAL MINERAL 50CL	3.95
TONIC WATER	3.95
LEMONADE / FANTA ORANGE	3.75
COCA COLA ORIGINAL / ZERO	3.75
ORANGE / APPLE / CRANBERRY JUICE	3.75
J2O ORANGE & PASSIONFRUIT	4.50
PEACH NECTAR	3.75

HOT DRINKS

ESPRESSO	2.95
DOUBLE ESPRESSO	3.95
CAPPUCCINO	3.95
LATTE	3.95
AMERICANO	3.50
WHITE COFFEE	5.95
FLOATER COFFEE	8.95
FLOATER LIQUEUR COFFEE	3.50
ENGLISH / HERBAL TEA	3.50

THE WAVE

SEAFRONT DINING | FRESH SEAFOOD & GRILL
RELAX BY THE SEA

PLEASE SEE OUR SPECIALS BOARD FOR NEW DAILY DISHES
OPEN ALL YEAR ROUND • CATERING FOR PRE THEATRE DINING.

FOOD ALLERGIES AND INTOLERANCES - BEFORE ORDERING, PLEASE SPEAK TO OUR STAFF ABOUT YOUR REQUIREMENTS.
OUR GLUTEN-FREE PRODUCTS ARE COOKED IN THE SAME FRYER AS PRODUCTS CONTAINING GLUTEN.

BREADS / SNACKS
SERVED FROM 12PM

GARLIC CIABATTA	3.95
GARLIC CIABATTA WITH CHEESE	4.45
GARLIC CIABATTA WITH TOMATO	4.45
CIABATTA WITH OLIVE OIL & BALSAMIC DIP	3.95
MARINATED GREEN OLIVES	3.45

STARTERS

CREAMY TOMATO SOUP 5.95
Slow-simmered tomatoes blended with cream, finished with a touch of herbs and topped with croutons.

HALLOUMI (V) 6.45
Grilled sheep's Cheese with fresh tomato and drizzled with olive oil.

GOAT'S CHEESE (V) 6.95
Baked Served over thyme marinated beetroot's.

MOZZARELLA (V) 6.45
Golden fried mozzarella coated with breadcrumbs, herbs served on Tomato sauce.

PORTOBELLO (V) 6.45
A breaded portobello mushroom served on leaf salad with garlic mayonnaise & parsley dip.

AVOCADO & PRAWNS 7.95
Made Traditional way , Marie Rose sauce, lettuce.

FRESH MUSSELS 8.95
Steam cooked with garlic,wine and herbs.

BEEF MEATBALLS 6.45
Cooked In tomato sauce and grilled with cheese & served with salad garnish

CALAMARI 6.95
Fried battered fresh squid rings served with a sweet chilli dip.

KING PRAWNS 7.95
Garlic, olive oil, chilli and tomato sauce.

WHITE BAIT 6.95
Breaded and golden fried served with pink mayonaise

MAINS

BATTERED FISH & CHIPS
Freshly battered and deepfried, served with chips, and mushy peas.

FILLET OF COD	14.95
FILLET OF PLAICE	15.95
WHOLE SKATE	17.95
BREADED SCAMPI (10)	14.95
BREADED WHITEBAIT	13.95

PAN COOKED FISH
All served with chips and green beans

SKATE BLACK BUTTER 17.95
Steam-cooked with capers and black butter sauce.

COD FILLET ALLA PIZZAIOLA 15.95
Pan-seared cod fillet gently simmered in a rich tomato sauce with garlic, oregano, capers, and olives.

KING PRAWNS 17.95
Cooked in garlic butter and parsley.

SALMON 16.95
Fillet of salmon with Hollandaise sauce.

SEABASS 16.95
Filleted and pan-fried with lemon butter and parsley sauce.

POULTRY

All served with sauté potatoes and green beans (except Pollo Milanese)

POLLO VALDOSTANA 15.95
Pan-fried chicken breast with ham and cheese, served on tomato sauce.

POLLO ALLA CREMA 15.95
Pan-fried chicken breast with garlic, onion, mushrooms, cream, white wine, and tarragon.

POLLO MILANANESE 15.95
Pan-fried breaded chicken breast served with tagliatelle in tomato sauce & salad garnish.

CHERRY DUCK 16.95
Slow-cooked half duck in cherry marmalade sauce and gravy.

HONEY DUCK 16.95
Slow-cooked half duck in star anise, cinnamon, gravy, and honey.

CHARGRILLED SKEWERS

Freshly marinated and chargrilled to order, served on warm flatbread with rice salad garnish & chilli dip

CHICKEN THIGHS SKEWER	15.95
LAMB SKEWER	16.95
SALMON SKEWER	15.95

STEAKS & MEATS

All served with saute potatoes and green beans.

8OZ SIRLOIN STEAK 25.95
28-day aged 8oz sirloin steak cooked to your liking, served with green peppercorn or garlic butter sauce.

FILLET STEAK 27.95
28-day aged 8oz fillet steak cooked to your liking, served with garlic butter or green peppercorn sauce.

14OZ T-BONE STEAK 29.95
28-day aged 14oz grilled T-bone steak served with garlic butter or green peppercorn sauce.

LAMB SHANK 17.95
Slow-cooked lamb shank in minted gravy.

CUMBERLAND SAUSAGES 12.95
Pan-seared and oven-roasted Cumberland sausages in red onion and red wine gravy.

PORK BELLY 16.95
Slow-cooked pork belly roulade with red cabbage, red wine, and balsamic sauce.

WHOLE RACK OF RIBS 16.45
Slow-cooked pork ribs in barbecue sauce.

PASTA

Gluten-free penne available

LINGUINE POMODORO (V/VE) 12.95
Onion, garlic, and rich homemade tomato sauce.

LINGUINE POLPETTE 13.95
Beef meatballs in garlic and tomato sauce.

LINGUINE PESCATORE 15.95
Cooked with mussel meat, calamari, prawns, and a touch of tomato sauce.

LINGUINE FUNGHI (V) 12.95
White wine, mushrooms, a touch of cream, garlic, and parsley sauce.

LINGUINE SALMONE 14.95
With salmon, onion, garlic, wine, cream, and a touch of tomato sauce.

LASAGNE 13.95
Prime minced beef ragu, bechamel, layers of egg pasta, and baked with mozzarella.

LINGUINE CARBONARA 12.95
Pan-fried with smoked bacon & fresh cream.

SALADS

Fresh mixed leaves with new potatoes, green beans, red onion, cherry tomatoes & herb croutons
Add your choice of:

GOATS CHEESE & BEETROOT (V)	11.95
TUNA MAYONAISE	10.95
CAJUN CHICKEN	11.95
PRAWNS COCKTAIL	12.95
HALLOUMI & GREEN PESTO (V)	11.95

SIDE DISHES
CAN ONLY BE PURCHASED ALONG SIDE MAIN DISHES.

PLAIN CHIPS	4.95
CAJUN-SPICED CHIPS	4.95
PLAIN RICE	4.95
SPICED RICE	4.95
GREEN BEANS	4.95
DRESSED MIXED SALAD	4.95
GARDEN PEAS	4.95
MUSHY PEAS	4.95
MASHED POTATOES	4.95
SAUTÉ POTATOES	4.95
DRESSED TOMATO & ONION SALAD	4.95

RICE

SEAFOOD PAELLA 16.95
Spanish rice dish cooked with mussels, calamari, prawns, chicken, chorizo, coloured and aromatised with saffron.

VEGETARIAN PAELLA (V) 12.95
Rice cooked with pan-fried onion, garlic, mixed vegetables, herbs, and saffron.

PIES

STEAK & KIDNEY PIE 12.95
Steak and kidney in gravy, wrapped in short crust pastry, served with garden peas and fries.

STEAK & ALE PIE 12.95
Steak and mushrooms in a Guinness gravy, wrapped in shortcrust pastry.

CHICKEN & MUSHROOM PIE 10.95
Slow-cooked chicken and mushrooms in a rich, creamy sauce, topped with golden puff pastry and baked to perfection.

BURGERS

ABERDEEN ANGUS BURGER 12.95
In a brioche bun, pickle, Gherkin , tomato, lettuce, burger sauce served with fries & leaves.

CHICKEN BURGER 12.95
Battered breast of chicken,in a brioche bun with mayonnaise served with leaves salad & fries.

PORTOBELLO BURGER 11.95
Breaded portobello, beetroot, goats cheese & garlic mayonnaise , served with salad leaves and fries.

FISH BURGER 12.95
Battered fish fillet in brioche bun with tartar sauce gherkin served with mixed leaves and fries.