



Appetisers

Garlic ciabatta	£5.95
Garlic ciabatta with cheese	£6.95
Garlic ciabatta with cheese and chorizo	£6.95

Starters

Crispy Chilli Beef	£12.95
(chilli & ginger marinated fried beef, Asian slaw, sesame seeds) (W, E, SOY)	
Tempura King Prawns	£12.95
(spicy mayo, rocket salad, lemon) (W, E, SOY)	
Warm Goat Cheese Salad	£10.95
(mix salad, pear, walnut, balsamic glaze) (MS, N)	
Scallops and Pork Belly	£12.95
(mix leaf, marinara sauce,) (W, S, MS, F)	
Crispy Squid Chunks	£12.95
(Asian slaw salad, garlic mayo, lemon) (W, SOY, SS, S, MS)	
Vegetable Gyoza	£10.95
(gluten free vegetable & soy gyoza, sweet chilli dip) (W, SOY,)	
Greek Vegan Salad	£10.95
(mix salad, seeds, olives, cucumber, tomato, balsamic) (MS, SOY, SS)	

If you have an allergy or dietary requirements you MUST inform the manager who will assist you with your food order.

ALLERGY KEY CHART: Contains Wheat (W), Dairy (D), Peanuts (P), Shellfish (S), Eggs (E), Fish (F), Sulphites (SL), Molluscs (M), Mustard (MS), Chilli (CH), Sesame Seeds (SS), Soy (SOY), Nuts (N), Celery (C), Lupines (L)





Main Courses

Panko Chicken Burger / Halloumi Burger / Beef Burger £17/£16/£18

(skinny fries, caramelised onion, baby gem, gherkins, mayo)(W,E)

Chicken Katsu Curry or Vegetables Curry

£21/ £19

(katsu curry sauce, vegetables, teriyaki sauce)(W,E,SOY,SS)

King Prawns & Squid salad

£23

(Asian slaw salad, lemon soy dressing) (SOY,SS,W,E)

Seafood Linguine

£25

(spring onion, homemade marinara, parmesan)(W,D)

Local Sea Bass

£25

(seasonal vegetables, jersey potato, saffron lobster sauce) (F,S,D)

The Wave Fish & Chips

£21.95

(battered Cod, mashed peas, tartar sauce, lemon) (W,F)

Pork Belly Roll

£23

(slow cooked pork belly, new potato, vegetables, rich gravy) (W,D)

Chicken Schnitzel

£19.95

(panko chicken, fries, rocket & parmesan, caper sauce) (W,D)

Catch Of The Day

Market price

(Ask Chef)

Aged Irish Ribeye Steak

£31.95

(grill Rib Eye served with fries, mushroom, tomato, pepper sauce) (D,W)

(Add King Prawns / Scallops £ 6)

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The Wave

Food Menu

Kids Menu

£9.95

Burger and fries

Chicken Nuggets and fries

Fish Fingers and fries

Cheese Pasta

Desserts

Chocolate & Hazelnut Churros (W,D,N)	£9.95
Walnut Chocolate Brownie (vegan) (N)	£9.95
New York Cheesecake (D,W)	£9.95
Selection of French & English cheeses	£14.95

Side Orders

Fresh Local Loaded Fries (choose: spicy, cheese or bacon) (D)	Small £6 / Large £9
Fries	£4.90
Onion rings (W,E)	£4.90
Mix salad (MS)	£4.90
Jasmine rice	£4.90
Asian slaw salad (SOY, SS)	£4.90

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