

Fresh, healthy, sustainable and to order....

Fresh

We buy our fish from Billingsgate Market and suppliers on the East Coast in order to give you the very best and freshest fish. You may see our menu change depending on the season and availability. Keep your eye out for our specials board where we will experiment with new dishes we think you may like.

Healthy

Our alternative menu will always have healthy options, so you don't have to feel guilty about having a takeaway. Nevertheless fish and chips contain fewer calories than a pizza or a curry! Oh and if you would prefer our gluten free batter let us know.

Sustainable

We only use suppliers who can guarantee the fish we buy is from sustainable well managed stocks, fished using responsible methods with complete traceability.

To Order

Choose how you would like your fish cooked – battered, grilled or pan-fried. Your choice will be cooked to order so you will have to wait a few minutes, but it will be worth it.

There is only one way fish should be cooked...
...your way.

"If you woke up one morning and found that you have got a fish and chip shop as good as The Sea Tree at the bottom of your road you would be very, very lucky indeed"

Charles Campion – Food writer and Television critic

BBC Food & Farming
Awards 2011 -
Finalist



The
Sea tree
alternative fish bar

Old Favourites

Cooked to order with your choice of either our own Sea Tree or gluten free batter.

Goujons

Skinned and boneless pieces of cod individually battered
(3 portions) 4.95
(5 portions) 6.95

Cod

Regular 7.20
Large 8.50
Plaice 7.90

Haddock

Regular 7.20
Large 8.50

Breaded Scampi 7.20

Fish Cake 3.25

Handmade by our chefs, with your choice of sauce

Grilled Jumbo Cumberland Sausage 2.00

New Alternatives

Some healthy and tasty alternatives, some of which make a nice starter. If you are having your fish pan-fried or grilled try one of our sauces to go with it.

Fish Stew

Fresh fish and shellfish cooked in a tomato and red pepper sauce with crusty bread 8.95

Grilled Mackerel

Served with a rocket and fennel salad 7.70

Halloumi Salad with Sweet Chilli Sauce (V) 4.95

Calamari Rings

Coated in seasoned flour, served with lemon and your choice of sauce

Regular 4.95
Large 5.95

Scallops

Pan fried or battered, served with a rocket and parmesan salad 10.95

Calamari

Pan fried with garlic, chilli, spring onion, lemon and parsley.

Served with crusty bread

Regular 5.95
Large 6.95

Salmon Fillet 6.50

Trout Whole or Filleted 6.50

Gilthead Bream (Fillet) 7.50

Gilthead Bream (Whole) 11.50

Garnished with crushed new potatoes and spring onion

Sea Bass (Fillet) 8.50

Sea Bass (Whole) 12.85

Garnished with crushed new potatoes and spring onion... 8.50

Fishermans Pie 7.95

White and smoked fish, salmon, prawns, egg, coated in white sauce and topped with creamy mash and cheese

Sautéed Prawns

Pan fried with garlic, chilli, spring onion, lemon and parsley

Served with crusty bread

Regular 5.95

Large 6.95

King Prawn Salad 7.95

Crab and Salmon Cake

Handmade by our chefs, with your choice of sauce 3.50

Sauces

One FREE with each main course.

We have a selection of home made and traditional sauces as an accompaniment to your meal.

Choose from; Tomato, Tartare, Mayo, Aioli, Sweet Chilli, Salsa Verdi, Capers or Wasabi sauce.

Children's Menu

Handmade Fish Fingers and Chips 4.20

Fish and Chips 4.20

Side Orders

Chips

Peeled and cut ourselves

Regular 2.00

Large 2.50

Seasonal Mixed Leaf Salad 3.50

Mushy Marrow Fat Peas 1.30

Petite Pois 1.30

New Potatoes 2.00

Crusty Bread and Butter 1.30

Pickled Onion 0.60

Gherkin 0.85

Desserts

Home-made Ice Cream *Vanilla, lemon meringue or brown bread and honey* 3.95