

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



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	3.85
5 portions	5.50

Cod

Regular	4.95
Large	6.50

Haddock

Regular	4.95
Large	6.50

Plaice

5.95

Mackerel Fillet

3.95

Breaded Scampi

5.50

Fish Cake

2.35

Handmade by our chefs

Grilled Jumbo Cumberland Sausage

1.75

SAUCES

A selection of our home-made sauces.

Tartare 0.50

Aioli 0.50

Salsa Verdi 0.50

Caper Sauce 0.50

Wasabi sauce 0.50

Others:

Tomato 0.40

Mayo 0.40

Sweet Chilli 0.40

CHILDREN'S MENU

Handmade Fish Fingers and Chips 3.95

Fish and Chips 3.95

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 8.50

Whole Grilled Mackerel

Served with a rocket and fennel salad 7.45

Halloumi Salad with Sweet Chilli Sauce (V) 4.95

Calamari Rings

Coated in seasoned flour, served with lemon

Regular 3.85

Large 4.95

Calamari

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

Regular 3.85

Large 4.95

Salmon Fillet

4.95

Trout Whole or Filleted

4.95

Gilthead Bream

7.00

Sea Bass

7.00

Scallops

Pan fried or battered, served with a rocket and parmesan salad 8.50

Fishermans Pie

White and smoked fish, salmon, prawns, egg, coated in white sauce and topped in creamy mash & cheese 6.75

Sautéed Prawns

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

Regular 3.95

Large 4.95

King Prawn Salad

6.50

Crab and Salmon Cake

2.50

Handmade by our chefs

SIDE ORDERS

Chips	
<i>Peeled and cut ourselves</i>	
Regular	1.60
Large	2.10
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Seasonal Mixed Leaf Salad	2.90
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Mushy Marrow Fat Peas	1.10
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Petite Pois	1.10
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New Potatoes	1.60
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Crusty Bread and Butter	1.10
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Pickled Onion	0.50
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Gherkin	0.85

## OPENING HOURS

Monday	5.00 pm - 10.00 pm
Tuesday	12 noon - 2.00 pm 5.00pm - 10.00pm
Wednesday	12 noon - 2.00 pm 5.00 pm - 10.00 pm
Thursday	12 noon - 2.00 pm 5.00 pm - 10.00 pm
Friday	12 noon - 2.00 pm 5.00 pm - 10.00 pm
Saturday	12 noon - 10.00 pm
Sunday	5.00 pm - 9.00 pm

Credit/Debit Cards accepted.

## DRINKS

Coke/Diet Coke/7-Up/Lilt 330ml	0.90
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Orange Juice	2.00
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Apple Juice	2.00
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Still Water (500ml)	1.10
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Sparkling Water (500ml)	1.20



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Take Home Menu  
January 2013