



POOLE ARMS

seafood bar

STARTERS & SNACKS

Six Poole Rock Oysters

Served with lemon wedges and Tabasco sauce. £13.95/£2.60 each

Fish Soup

Home-made to our own recipe, served with crusty bread £7.95

King Prawns in Garlic

Whole king prawns cooked in garlic, served with crusty bread £9.95

Gambas Pil Pil

Peeled Prawns roasted with chillies in oil & butter, served with crusty bread £9.95

Salt & Chilli Squid

Pan fried squid dusted with flour seasoned with salt and chilli, or if you prefer pan fried with garlic. £7.95

Cornish Sardines

Pan fried, served with salad garnish and brown bread £8.50

Soft Herring Roes

Pan fried with a touch of garlic, served on hot buttered toast with salad garnish and lemon wedge. £7.95

Moules Mariniere

Always fresh and sourced from the best available. Cooked with white wine, garlic, onions and fresh cream and served with crusty bread. £9.95 / £15.95

Shell-on Prawns

A full pint or a half pint jug of sustainable North Atlantic prawns served with Marie rose sauce, wholemeal bread and salad garnish £13.95 / £8.50

Seafood Chowder

Homemade to our own recipe, served with crusty bread £8.95

Boquerones

Anchovies marinated with garlic, served with crusty bread. £6.95

Garlic Button Mushrooms

Served with crusty bread. £6.95

SIDE ORDERS

Side Salad

Mixed Salad leaves, tomato, cucumber, onion, carrot and mixed peppers with our homemade dressing. £3.50

Portion of New Potatoes

Seasonal new potatoes with butter £3.50

Portion of Vegetables

Fresh seasonal vegetables £3.50

Bread & Butter

Demi 125g Barra Gallega, hand made and baked on the premises £1.50

SALADS

Hand Picked Dressed Crab

Fresh dressed crab on a bed of mixed salad, served with mayo and brown bread. £19.95

MAINS

Home-made Fish Pie

A mixture of fish in our own special sauce topped with creamed potatoes & melted cheese, served with crusty bread £13.95

Smoked Haddock Pot

Natural smoked haddock poached in milk and topped with a creamy leek, cheese & wholegrain mustard sauce, sliced tomato, scallop potatoes and finished under the grill with melted cheese, served with crusty bread. £14.95

Poole Arms Seafood Casserole

Our version of the French classic Bouillabaisse, Fish and shellfish stew with a Mediterranean influence, served with crusty bread. £18.95

Cajun Style Cat Fish

Fillets of Catfish (pangasius) dusted in cajun spices and pan fried, served with coriander and lemon couscous and salad. If you would like it extra hot just ask. £14.95

Smoked Haddock Fillet

Fresh locally sourced natural smoked haddock served on a bed of seasonal greens, topped with a free-range poached egg and a side of new potatoes £17.95

Pan Fried Sea Bass Fillets

With a lime, chilli & ginger butter served on a bed of crushed new potatoes. £20.95

Sustainability

"Meeting today's needs while protecting tomorrows" We are totally committed to responsible sourcing and cooking the best of the world's catch from well managed and sustainable fisheries.

Fresh Fish Of The Day

Please see our chalkboards for our catch of the day. Everything is cooked to order please let us know if you would like anything cooked differently than described.

For Allergy advice please ask a member of staff. Prices include VAT at the current rate of 20% Gratuities are at your discretion and are split between the staff.