

# THE FISH™ FACTORY

fish  
factory



## STARTERS

Fresh baked garlic bread £3

Cheesy garlic bread £3.50

Dish of olives £3

Fresh bread from our bakery £2.50

**Gefilte Fish Balls** £5.60

Fresh fish blended with herbs, ground almonds, onion and matzo meal, rolled into light and creamy balls

**Salmon Tricolore** £6

Oak smoked salmon layered onto buffalo mozzarella, Italian tomatoes and avocado pear, served with drizzled Honey dressing.

**Whitebait** £5.80

Bread crumb dusted whitebait with a side sauce of tomato chilli piri-piri dip

**Calamari** £5.90

Thin cut rings dusted in flour and fried served with homemade tartar sauce

**Thai Rolls** £5.60

Prime strips of cod and vegetables wrapped in spicy filo pastry, served with our own chilli chutney

**Char-Grilled Halloumi** £4.90

Traditional Greek sheep cheese, char-grilled and served with freshly cut tomatoes

**Crispy Brie** £5.70

Mature brie fried in thin and crispy matzo meal served with cranberry sauce

**The Fish Factory Pâté** £5.50

Our very own cooked chicken liver pâté. Served with warm bread

**Flamed Tiger Shrimps** £6.50

Large Caribbean tiger shrimps, char-grilled in the shell and served. This is excellent with our sweet chilli sauce

**Whole Sardines** £5.90

Char-grilled sardines brushed with olive oil and lemon

**Prawn Cocktail** £5.50

Greenland baby prawns served with our marie-rose sauce and home baked bread roll

**King Scallops** £6.70

Reduced into a lemon butter & caper sauce until golden brown

**Seafood Chowder** £4.80

Traditional fisherman's recipe of fresh seafood slow cooked into a thick creamy soup

## SIDE DISHES

Dish of Coleslaw £2

Fresh seasonal vegetables £2.50

Pickles: onions or gherkins 60p

Baked potato £2

Steamed new potatoes £2

King chips or mash £1.50

Wine, parsley & cheese sauce £1

Traditional Mushy peas £1.50

Garden peas £1.50

Or choose a salad from over the page.

## Meze Banquet

Have it all.  
Especially selected for you.

Two Course Meze

£17 or £33 for two sharing

Two course platter.

A real treat for the fish lover.

You can enjoy the chefs selection of starters and mains served with salad and a choice of potatoes.

## Artisan dishes

Our chefs' grand designs

**Dakshin River Catfish** £12

Traditional south Indian curry with fresh herbs, spices and tomatoes finished with coconut milk. Served with onion bhaji, and garlic & herb naan

**The Fish Factory Seafood Pasta** £13.50

Home made pasta combined with selections like calamari, baby squid, cod, salmon, rope grown mussels

**Mussels Celtic Rope-Grown** £10.80

Simply steamed in a light white wine and cream sauce. Our mussels are harvested directly from Isle of Lewis in Scotland. Served with home made bread.



**Red Snapper Skewers** £12.50

Char-grilled kebabs of marinated red snapper. Served with Greek salad

**Harbour Fish Pie** £10

Traditional skipper's recipe of fresh cuts of fish sealed with herbs & baked into a wine & cheese sauce topped with creamed potato

**Bouillabaisse** £16

Selections of local seasonal fish cooked into a rich stew, finished with tomato & orange zest.

**Fish Wellington** £11.20

Prime cuts of salmon, cod and haddock layered in a rich cheese sauce and dauphinoise potatoes, wrapped in crispy pastry.

## The Fish Factory Times

WORTHING, FISH FRIDAY ESTABLISHED 1990

## FISH SUPPER CLASSICS

All sustainably sourced. It's your choice...



**Wine & Parsley Fish cakes** £8.90

A Fish Factory recipe - A selection of fresh fish, mostly Cod, blended with onions and herbs and plenty of wine, served with chips, mash or house rice.

**Cod Line Caught** £9.50

A thickly cut creamy fish, excellent in batter and with chips on the side. Full of nostalgia, served with chips, mash or house rice.

**Haddock Line Caught** £9.80

White meat with a flaky texture and a rich flavour. A favourite traditional Northern fish supper. Served with chips, mash or house rice.

**Fish Buttie** £8.50

Cajun breaded line caught fish steak topped with dill tartar sauce served in floured bag. Served with chips, mash or house rice.

**Rock Salmon** £8.90

Also known as Huss. A dense white meat with a definite individual flavour, served with chips, mash or house rice.

**Plaice Fillet** £9.10

Boneless side fillet with a light flavour and soft texture. Excellent with our parsley sauce for an extra £1, served with chips, mash or house rice.

**Cod Goujons** £8.70

Thick strips of prime Cod fried in Matzo Meal, served with chips, mash or house rice.

**Whole-tail Scampi** £8.50

Tail pieces of juicy shellfish coated in breadcrumbs and golden-fried, served with chips, mash or house rice.

**Salmon Steak** £10

Pink meat, lightly flavoured and best char-grilled. Try with one of our salads or new potatoes instead for £1.50 extra, served with chips, mash or house rice.

We also have a gluten free menu.  
Please ask your waiter.

## SMALL BOAT FISHERMEN

Committed to our local sustainable fisherman, delivering the freshest catch from the beach.

**Wild British Halibut** £15.50

A thick, meaty white fish. Very good cooked in Matzo Meal, served with chips, mash or house rice.

**Skate** £12.60

A wing cut of white meat with a strong flavour. An absolute classic fish. Caper butter £1, served with chips, mash or house rice.

**Whole Sea Bass** £16

Served on the bone. Good eating for all palates, served with chips, mash or house rice.

**Whole Dover Sole** £19

Locally caught prime Dover sole served on the bone. The king of fish, served with chips, mash or house rice.

**Whole Lemon Sole** £16

White fish with a sweet flavour. A real treat char-grilled, served with chips, mash or house rice.

Check out blackboard for more daily beach catch.

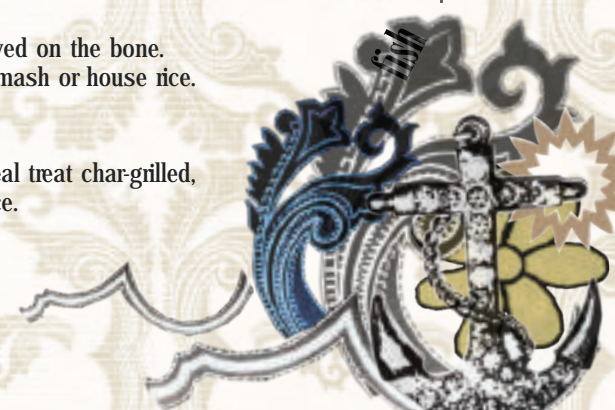
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# THE FISH™ FACTORY

## TRADITIONAL

All meat -  
no fishy bits here!

### Bangers & Mash £8.90

Locally sourced, freshly made prime sausages, char-grilled, served on mash and smothered in red wine onion gravy

### Sirloin Steak £13.95

A juicy prime cut, slowly charred and served with seasonal vegetables and mash or chips. Try our peppercorn sauce for £1

### Steak & Kidney Pudding £10

Made freshly on the premises with the finest cuts of steak and sheny seared kidneys, all steamed in a perfect homemade pastry, served with vegetables, chips or mash

### Lamb Shank £13.80

Marinated in red wine and herbs overnight and slow-cooked for hours. Served with seasonal vegetables and mash or chips

### New Orleans Chicken Crumble £11.30

Cajun spiced cheese and crumble cake, melted over prime chicken breast. Served with fragrant rice

## SUNDAY ROAST

All our roasts are butchers choice cuts and grass fed meats, lovingly prepared same day for a perfect roast.

Freshly roasted cuts of meat £11

Succulent roast with all the trimmings cooked exclusively on Sundays. Children's portions available

## Vegetarian dishes

### Portobello Wellington £10.50

A giant wine-soaked mushroom generously stuffed with vegetable brown rice and lentils, and blended with cream cheese. Wrapped in pastry, roasted, and served with mash chips or salad.

### Chargrilled Tempura Vegetables £9.50

Chargrilled vegetables generously coated in our almost famous tempura batter. Served with dips and house rice.



## SALADS

### Greek Village Side Salad £3.85 or £2.10

Traditional Greek-style salad with drizzled olive oil, fresh olives and feta cheese

### Farm Garden Side Salad £3.85 or £2.10

Mixed leaf salad with freshly cut tomatoes, cucumber, peppers and onions

### Onion & Tomato Side Salad £3.85 or £2.10

Thinly sliced onion and tomato covered in olive oil

### The Fish Factory King Crab £10.80

Local crab boiled and dressed on the premises and served cold with salad or choice of potatoes, good with our hand cut chips and mayo

### Classic Baby Prawn £10.50

Greenland baby prawns topped with our speciality Brandy Marie-Rose sauce, served with fresh cut salad and brown bread

### Smoked Fish Trio £11

Prime smoked fillet of halibut, oak Salmon and Mackerel & chive mousse plated with fresh cut salad, coleslaw and fresh bread

## BEVERAGES

### Draught Soft Drinks

Coke, Diet Coke, Lemonade

£1.60

### Bottled Soft Drinks

Coke, Diet Coke 330ml

£2.50

Fentimans Ginger Beer, Victorian Lemonade

£2.90

100% Frobishers Apple and Orange Juice

£2.90

Appletiser

£2.50

Elderflower

£2.50

San Pellegrino

£2.50

### Juices

£2.00

Cranberry, Pineapple, Orange, Apple, Grapefruit, Tomato

Mineral Water 330ml

£2.00

Mineral Water 750ml

£4.00

Cappuccino

£2.20

Filter Coffee

£1.80

Espresso

£1.70

Latte

£2.50

Macchiato

£1.80

Liqueur Coffee

£4.80

### Fresh Teas

£1.60

English Breakfast, Earl Grey, Camomile, Peppermint, Green Tea, Lemon & Ginger, Fruit Tea

### Draught

Estrella Damm, Spain 4.6%

half pint

£2.60

pint £4.30

Courage Best Bitter, England 4.0%

£2.60

£4.10

Rekorderlig, Sweden 4.0%

£2.60

£4.50

### Bottle beers

Keo Cypriot Lager

£3.90

Peroni Nastro Azzurro

£3.90

Czech Budvar

£3.90

Guinness

£3.90

Best Bitter 4.0 ABV 500 ml

£4.00

Estrella Damm Gluten Free Beer

£4.20

Please ask for our healthy eating children's menu £6.50 (including free drink and free dessert).

OPEN ALL DAY EVERY DAY FROM 11.30AM TIL LATE

factory

The Fish Factory is passionate about your food

LOVE FISH



LOVE PROTO

www.protorestaurantgroup.com

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