

THE FISH FACTORY™

The Fish Factory was established in 2001 by Andy and Donna Sparsis. Their family have dedicated themselves to sourcing sustainable, quality seafood and serving this with style.

For 17 years The Fish Factory has been recognised by many local and national awards, but the most rewarding is by our many loyal, regular customers. The Worthing and Littlehampton restaurants are close to the beach and we always insist on using local, sustainable beach fisherman wherever possible.

The Fish Factory is proud of its reputation for producing traditional fish suppers and pioneering unique seafood dishes. We hope you enjoy your visit with us.



SUSTAINABILITY

At Proto Restaurant Group we work hard to make sure our main impact on the planet is our excellent service, standards and wonderful food.

Wherever possible we work hard to make sure we are being responsible with our waste and with our utility usage. We also ask all our suppliers to do what they can and we only use suppliers that have responsible attitudes to our planet.

We have teamed up with Worthing Borough Council and Rabbit Skips Recycling to reduce the amount of waste that goes into our landfill and have ongoing contracts to secure this policy.

We are also very proud to have one of the most popular Cycle to Work Schemes in Worthing and have invested heavily to promote safe and healthy cycling to work for our staff. We have purchased over 15 bikes for our team and we are proud to have helped many of them leave their cars at home and cycle to work. We are really proud of the health benefits and have an annual Proto bike race and always have representation at the London to Brighton Bike Ride in June every year.

Proto also has a long standing agreement with a recycling company called Edible Oil. This great company collects all our old oil and makes it into cheaper fuel for cars and buses.

Our goals for 2020 and onwards will be to recycle 100% of our glass waste. We also want to further develop the Cycle to Work Scheme and encourage more of our team to leave their car at home.



The mussels naturally land on the ropes in the clean nutrient rich waters round the island and are grown for almost three years, with absolutely nothing added. Mussels are sustainable, full of vitamins and goodness, low in fat and high in protein. What's not to love?

LAST FISHERMAN STANDING



The Last Fisherman Standing is run by a team at We Are Food Pioneers CIC, a local social enterprise based in Worthing. They managed to secure Heritage Lottery funding for this project in the summer of 2016 and are now pushing forward to explore the local fishing heritage along the South Coast, with a focus on Worthing. The last full-time fishermen stopped working on Worthing's beach in 2015, and their heritage along with their small-scale fishing techniques and their traditions are disappearing fast. There has never been more urgency to preserve the fishing heritage in Worthing, and to record and share the memories and experiences of the town's long-time fishing families. This is an exciting project that will really make a difference to the lives of our remaining fishermen and their families. As a disappearing industry, it is vital to ensure that this project captures, shares and preserves Worthing's fishing heritage to generate greater awareness and appreciation of the wealth of our fishing heritage, a stronger involvement with and celebration of the work of the fishermen, and a drive to support our maritime fishing industries.

We cannot thank Andy Sparsis and the team at Proto Restaurant Group and The Fish Factory enough for their continued support of our projects and various fisheries' ventures here in Worthing. www.foodpioneers.org.uk

LOCAL BROTHERS SUPPLY LOCAL RESTAURANT

Paul and Alan Marchant have been part time fishermen off Worthing beach since 1976, when they were 15 and 14 years old. Paul often fishes with his brother and they run two boats off Worthing beach called SM2 Jo-Anna and SM4 Suzanna, aptly named after the loved ladies in their lives.



Dedicated to keeping the heritage of beach fishing as skilled workmen, they have rebuilt and carry out all highly skilled boat building tasks themselves.

Paul and Alan hope more fishermen will join the beaches but are not optimistic about the future of their skilled art and encourage all of Worthing and fish lovers to get involved with this heritage. So why not pop down and meet the boys and others like them as there is always a warm handshake and plenty of great stories.

Paul and Alan would like to thank The Fish Factory for their efforts in working with the local council and installing water stand pipes along the beach and the ongoing project to protect this skilled heritage fishing lifestyle.

SMALL BOAT FISHERMEN

AT THE FISH FACTORY WE ARE COMMITTED TO OUR LOCAL SUSTAINABLE FISHERMEN, DELIVERING THE FRESHEST CATCH FROM THE SEA.

WINNER OF TOP 20 NATIONAL FISH AND CHIP RESTAURANT AWARDS



THE FISH FACTORY IS THE FIRST IN THE SOUTH COAST TO RECEIVE THIS PRESTIGIOUS AWARD

Now in their 30th year, the National Fish & Chip Awards recognise and reward businesses producing the best fish and chips across the UK. Recognised as one of the most prominent and respected seafood industry events in the UK and widely considered as the 'Oscars' of the fish frying industry, the awards celebrate the great British tradition of fish and

chips, rewarding the best talent, quality and choice offered by fish and chip businesses.

The awards aim to support the wider fish frying trade in their effort to maintain the excellence of the fish & chips tradition. The Fish Factory is the first in the south to receive this prestigious award and join the family of expert fish fryers in the UK.

OUR MUSSELS

OUR CELTIC ROPE-GROWN MUSSELS ARE HARVESTED DIRECTLY FROM THE ISLE OF LEWIS IN SCOTLAND.



The Scottish Mussel Farming company, Miavaig Bay Mussels Ltd. was established by Peter Macleod on the Isle of Lewis in 1999. Peter and his family have been growing mussels in the year round Grade A waters of the Outer Hebrides since the 1980s. They know what it takes to produce excellent quality mussels for some of the best restaurants around Britain. These days it's Peter's son, Sandy, that runs the business.

STARTERS

FRESH BAKED GARLIC BREAD	£3.50
CHEESY GARLIC BREAD	£3.90
DISH OF OLIVES	£3.00
FRESH BREAD FROM OUR BAKERY	£3.20

SEAFOOD CHOWDER **£5.90**

Traditional fisherman's recipe of fresh seafood slow cooked soup.

CRAB & SWEET POTATO POPCORN **£7.50**

Pineapple, lemongrass and ginger flavoured crab popcorn served with Crispy Kale.

CHORIZO SCALLOPS **£8.20**

Blazed in a dirty butter of artichoke and smoked garlic, served with lime and crab posset with salt fish skin.

CALAMARI **£6.80**

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

PAPRIKA WHITEBAIT **£7.00**

Oregano and smoked paprika floured whole blanched bait fish.

CRISPY BRIE **£6.80**

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

THAI ROLLS **£7.00**

Line caught cod blended with authentic Thai spices and vegetables finished in spring roll pastry (3 rolls).

GEFILTE FISH BALLS **£6.50**

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

HALLOUMI CRISP SALAD **£6.80**

Halloumi, beetroot and parsnip crisps with a mint and honey dusting.

SIZZLING CHILLI GARLIC SHRIMPS **£7.90**

Shell on tiger shrimps oven baked with chilli garlic butter and served with fresh bread.

CHERMOULA BAKED SARDINES **£7.80**

Whole fish marinated in chermoula spice and served with salted chickpeas.

PRAWN COCKTAIL **£6.90**

Greenland baby prawns served with our Marie-Rose sauce and home baked bread roll.

SALADS

GREEK VILLAGE SIDE SALAD	£4.50
FARM GARDEN SIDE SALAD	£4.50
ONION & TOMATO SIDE SALAD	£4.50

LOBSTER MENU

FRESHLY STEAMED

Available warm with brandy & parmesan Béarnaise sauce or chilled with roasted peppers concas & olive oil vinaigrette. Plated with a fresh cut salad and choice of potatoes.

HALF
19.50

WHOLE
29.70

SMALL BOAT FISHERMAN

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

LOCAL HAND PICKED DRESSED CRAB **£14.90**

Boiled and dressed on the premises served with hand cut chips, salad and coleslaw.

WILD SCOTTISH HALIBUT **£16.80**

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

SKATE **£15.50**

A wing cut of white meat with a strong flavour. An absolute classic fish. Optional beurre blanc & caper sauce available, served with chips, mash or house rice.

WHOLE DOVER SOLE **£25.00**

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

CHECK OUR BLACKBOARD FOR MORE DAILY BEACH CATCH.

MEZE BANQUET

HAVE IT ALL ESPECIALLY SELECTED FOR YOU
£44 FOR TWO – TWO COURSE MEZE

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.

CLASSICS ALL SUSTAINABLY SOURCED, IT'S YOUR CHOICE...



MATZO MEAL

GOURMET FISH BURGER £11.50

Cod, potato and herb breaded patty in a brioche bun with lettuce, homemade tartar sauce, gherkin and covered in a wine and parsley sauce. Served with chips.

COD GOUJONS £11.90

Thick strips of prime cod fried in matzo meal, served with chips, mash or house rice.

WHOLE-TAIL SCAMPI £11.30

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

SALMON PESTO VERDE £14.50

Fresh chargrilled steak finished with a zesty pesto glaze, plated with a choice of chips, mash or house rice (available simply grilled/steamed).

WINE & PARSLEY COD CAKES £12.90

Line-caught cod pieces blended with potatoes, herbs and traditionally breaded.

ARTISAN DISHES OUR CHEFS' GRAND DESIGNS

DAKSHIN CATFISH £15.00

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 £15.50

Homemade pasta combined with selections like calamari, baby squid, cod, salmon, rope-grown mussels.

MUSSELS CELTIC ROPE-GROWN £14.50

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

RED SNAPPER SKEWERS £14.50

Chargrilled kebabs of marinated red snapper. Served with Greek salad.

HARBOUR FISH PIE £14.20

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

BOUILLABAISSSE £16.50

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

FISH WELLINGTON £14.20

Prime cuts of salmon, cod & haddock layered on potato slices and topped with a rich cheese fondue sauce and baked in crispy pastry.

COD LINE-CAUGHT £13.50

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 £13.70

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

ROCK SALMON £12.50

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

PLAICE FILLET £12.50

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.

CHECK OUR BLACKBOARD FOR CATCH OF THE DAY

SUNDAY ROAST

SEE BLACKBOARD

All our roasts are butcher's choice cuts and grass fed meats. Lovingly prepared same day for a perfect roast.

CHILDREN'S ROAST £8.00

Includes FREE drink and ice cream.

TRADITIONAL

BANGERS & MASH £12.50

Locally sourced, freshly made prime sausages, chargrilled, served on mash and smothered in red wine onion gravy.

SIRLOIN STEAK £15.50

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

STEAK & KIDNEY PUDDING £13.70

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

CHICKEN CRUMBLE £13.80

Oven baked British chicken breast topped with herbs, breadcrumbs and buffalo mozzarella with a choice of potatoes and steamed vegetables. Served with Piri- Piri sauce.

WE ALSO HAVE A GLUTEN FREE MENU
PLEASE ASK YOUR WAITER

VEGETARIAN DISHES

MUSHROOM WELLINGTON £13.50

Marinated mushrooms mixed with brown rice, lentils and vegetables finished with cream & cheese and baked in crispy pastry. Plated with a choice of chips, mash, house rice or salad.

BEAN FALAFEL (vegan option available) £13.00

Fresh coriander blended with spiced beans and chickpeas served with Greek salad, house rice & chips.

SIDE DISHES

DISH OF COLESLAW £3.50

FRESH SEASONAL VEGETABLES £3.50

PICKLES: ONIONS OR GHERKINS £1.20

BAKED POTATO £3.50

STEAMED NEW POTATOES £3.00

CHIPS & MASH £3.50

WINE & PARSLEY SAUCE £3.00

TRADITIONAL MUSHY PEAS £1.80

GARDEN PEAS £1.80

**OPEN ALL DAY, EVERY DAY
FROM 11.30 'TIL LATE**

NOTE:

All our meals are freshly prepared on the premises to ensure the perfect flavours, this does mean foods may contain nuts and other allergens or derivatives of said foods. Please advise us of your allergy or intolerance and our trained team can assist you to make a great meal choice. Allergy menu also available, thank you.

**PLEASE ASK FOR OUR HEALTHY
EATING CHILDREN'S MENU £7.50**

BEVERAGES

COCA COLA TAPS 330ml large £2.90

Coke, Diet Coke, Lemonade, Tonic

BOTTLED SOFT DRINKS

Coke, Diet Coke 330ml £3.50

Fentimans Ginger Beer, Victorian Lemonade £3.50

100% Frobishers Apple or Orange Juice £3.50

Appletiser £3.00

Elderflower £3.00

San Pellegrino Orange or Lemon £3.00

JUICES £3.00

Cranberry, Pineapple, Orange, Apple, Grapefruit, Tomato

HILDON MINERAL WATER 330ML £3.00

HILDON MINERAL WATER 750ML £4.80

CAPPUCCINO £3.50

FILTER COFFEE £3.10

ESPRESSO £2.50

LATTE £3.50

MACCHIATO £2.70

LIQUEUR COFFEE £5.80

Soya Milk available

POT OF TEA £3.20

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

DRAUGHT HALF PINT PINT

House Selected Premium Lager £3.10 £4.90

Courage Best Bitter, England 4.0% £3.10 £4.80

Silly Moo Cider 4.2% £3.50 £5.20

BOTTLE BEERS

Keo Cypriot Lager £4.10

Peroni Nastro Azzurro £3.90

Czech Budvar £3.90

Guinness £4.10

Long Man IPA 4.8 ABV 500 ml £4.50

Peroni Gluten Free Beer £4.20

