



La Mar

LOCALLY SOURCED
LUNCH MENU



THURS TO SAT
12 - 2

TAPAS AND NIBBLES

SQUID AND CUTTLEFISH, CONFIT GARLIC MAYO, LEMON **8** / MIXED MARINATED OLIVES **6**
GF/DF / TERIYAKI PORK BELLY BITES, SLAW **8** GF / CRISPY MUSSELS, HARISSA MAYO **7.5**
GF/DF / HUMMUS, BABA GHANOUSH, CRACKERS **5**
DF

SMALL PLATES

PORK SCOTCH EGG, CURRY MAYO, DUKKHA **12** DF
SCALLOPS, PEA, SERRANO HAM **14** GF
WILD MUSHROOM CROQUETAS, RED PEPPER EMULSION **10**

FLATBREAD PIZZA'S (GFA)

ALL SERVED WITH ROCKET, CHILLI OIL AND CONFIT GARLIC MAYO

PULLED PORK BARBACOA, PIQUILLO PEPPERS, TZATZIKI DRESSING **16**
KING PRAWN AND CHORIZO, ROASTED RED PEPPERS **17**
ROASTED MEDITERRANEAN VEGETABLES, CHIMICHURRI, PICKLED RED ONION **15** VG

BIG PLATES

SMOKED HADDOCK KEDGEREE, POACHED EGG **16** GF

MOROCCAN CHICKEN, GIANT COUS COUS, TZATZIKI, PICKLED VEG, DUKKHA **18**

MUSSELS COOKED IN A WHITE WINE AND GARLIC CREAM, OUR OWN BREAD **20**

ASPARAGUS, PEA AND SPINACH GNOCCHI, PARMESAN CREAM, ROCKET, PESTO OIL
17 / ADD CHORIZO **+£2** ADD PRAWNS **+£4**
(VEGAN OPTION AVAILABLE)

8OZ 28 DAY AGED BEEF FEATHERBLADE, BEARNAISE BUTTER, FRIES, CHERRY VINE
TOMATOES, ROASTED MUSHROOM **24** GF

WHOLE GRILLED PLAICE, TARTARE BUTTER, PAPRIKA POTATOES, DRESSED SALAD **18**

SHARER SIDES 7.5

SUMMER GREENS, SMOKED BUTTER GF / SMASHED POTATO BAKE, PANCETTA,
PARMESAN GF / PATATAS BRAVAS, SPICY TOMATO GF/DF / MEDITERRANEAN
HARISSA ROASTED VEGGIES GF / CRUNCHY GARDEN SALAD, CHIMICHURRI

GFA - GLUTEN FREE AVAILABLE / GF - GLUTEN FREE / DF - DAIRY FREE / VG - VEGAN



La Mar

LOCALLY SOURCED
DINNER MENU



THURS TO SAT
6 - 8.30

STARTERS

PAN SEARED SCALLOPS, PEA, SERRANO HAM **14 GF**

WOOD PIGEON, WILD BERRY JUS, SWEETCORN PUREE, OYSTER MUSHROOMS **12 GF**

LYME BAY CRAB, SMOKED SALMON, CUCUMBER, TOMATO, FRIZEE **13 GF**

CHICKEN LIVER PARFAIT, BEEF FAT BRIOCHE, BEETROOT JAM, CHICKEN CRISP **9**

SMOKED CARROT AND ROASTED AUBERGINE TERRINE, TAPIOCA CRACKER,
CHIMICHURRI, SOYA EMULSION **8 VG**

MAINS

GRILLED MACKEREL, TOMATO, CUCUMBER AND CHILLI SALSA, SOY EMULSION,
BLACK SESAME, PAK CHOI, CRISPY NOODLES **24 DF**

PORK CHOP, DAUPHINOISE, FENNEL, GLAZED APPLE, CIDER JUS **25 GF**

HAKE FILLET, SMOKED BUTTERNUT PUREE, PARMESAN AND CHIVE ARANCINI,
CHARRED BABY GEM, SUNBLUSHED TOMATO AND CAPER SAUCE **26**

LOCAL VENISON, SMOKED MASH, BEETROOT 3 WAYS, WILD GARLIC CRUMB, RED
WINE JUS **30**

CONFIT CHICKEN BREAST, ASPARAGUS, POTATO AND PANCETTA ROSTI,
WATERCRESS, CHIVE CREAM **24**

ASPARAGUS, SPINACH AND PEA GNOCCHI, PARMESAN CREAM, ROCKET, PESTO OIL
17 VGA

SHARER SIDES 7.5

SUMMER GREENS, SMOKED BUTTER / SMASHED POTATO BAKE, PANCETTA,
PARMESAN / PATATAS BRAVAS, SPICY TOMATO / MEDITERRANEAN HARISSA
ROASTED VEGGIES / CRUNCHY GARDEN SALAD, CHIMICHURRI

GFA - GLUTEN FREE AVAILABLE / GF - GLUTEN FREE / DF - DAIRY FREE / VG - VEGAN

