



FISH AND CHIPS & MORE

MENU

*"As a child growing up in lowestoft I fondly remember the LT fishing boats
with their different numbers coming in to the harbour"*

WE HOPE YOU ENJOY OUR RESTAURANT, QUALITY OF FOOD,
ATMOSPHERE AND THE FANTASTIC VIEWS OF THE SEA.

WHY NOT KEEP UP TO DATE ON ALL OUR LATEST EVENTS AND OFFERS

 01502 565337  www.LT1fishandchips.co.uk  LT1 Fish and Chips & More  LT1 Fish and Chips

ALLERGEN INFORMATION IS AVAILABLE UPON REQUEST

STARTERS & SMALL PLATES



OLIVE & ROSEMARY FOCACCIA, MARINATED OLIVES, BALSAMIC & OLIVE OIL (V) **£5.75**

HOMEMADE SOUP OF THE DAY WITH CRUSTY BREAD (V) **£5.50**

SMOKED SALMON, HONEY & WHOLE GRAIN MUSTARD VINAIGRETTE **£7.50**

PRAWN COCKTAIL MARIE ROSE SAUCE & BUTTERED BROWN BREAD **£6.50**

CHARGRILLED HALLOUMI ON A BED OF MEDITERRANEAN PEARL COUS COUS (V) **£5.75**

CHICKEN BITES WITH CHIP SHOP CURRY SAUCE OR BBQ SAUCE **£5.75**

PAN FRIED CHILLI AND GARLIC PRAWNS EN CROUTE **£7.00**

STICKY BBQ GLAZED PORK RIBS (GF) **£6.00**

PAN FRIED MUSHROOMS IN GARLIC BUTTER SERVED EN CROUTE (V) **£5.75**

GRILLED MACKEREL & CHERRY TOMATO, PARSLEY & SHALLOT VINAIGRETTE **£6.00**

MOULES MARINIÈRE IN A CREAMY WHITE WINE & TARRAGON SAUCE SERVED WITH CRUSTY BREAD **£6.00**

SHELL ON PRAWNS, GARLIC AIOLI & CRUSTY BREAD **£5.75**

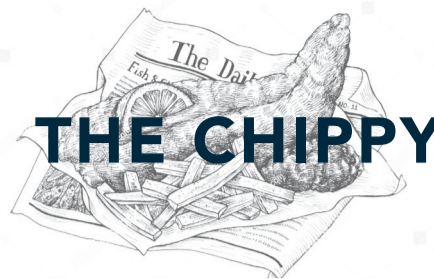
SALT & BLACK PEPPER DEEP FRIED SQUID, CRISPY GREENS & SWEET CHILLI SAUCE **£6.00**

BATTERED SAUSAGE WITH CHIP SHOP CURRY SAUCE **£4.25**

MUSHY PEA FRITTER WITH CHIP SHOP CURRY SAUCE **£3.75**

(V) - VEGAN
(GF) - GLUTEN FREE

THE CHIPPY



Beautiful freshly battered fish with a sprinkle of sea salt...

COD & CHIPS **£10.50**

HAKE & CHIPS **£11.50**

PLAICE & CHIPS **£10.50**

SKATE & CHIPS **£12.50**

BREADED WHOLETAIL SCAMPI, CHIPS, GARDEN PEAS & TARTARE SAUCE **£10.50**

BATTERED SAUSAGES (2) & CHIPS **£9.50**

CHICKEN & MUSHROOM PIE & CHIPS **£12.50**

STEAK & ALE PIE & CHIPS **£12.50**

PANKO BREADED CHICKEN SERVED WITH CHIPS OR RICE AND CHIP SHOP CURRY SAUCE **£12.95**

CHIP SHOP SIDES

MUSHY PEAS WITH MINT SAUCE **£1.50**

CURRY SAUCE **£1.50**

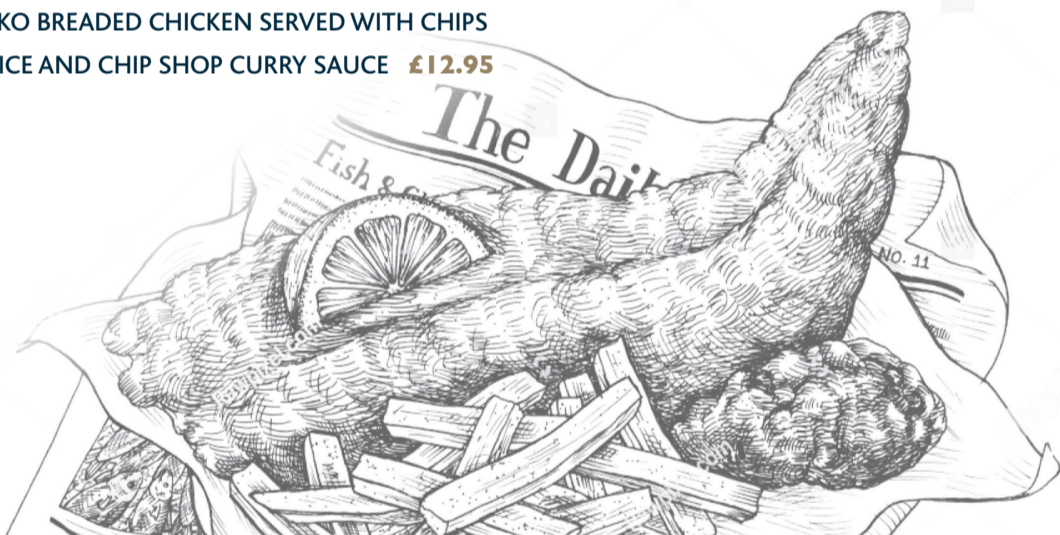
GRAVY **£1.25**

PICKLED EGGS **£1.00**

PICKLED ONIONS **£1.00**

GHERKINS **£1.00**

BREAD & BUTTER **£1.00**



FISH



GRILLED SEA BASS ON BRAISED FENNEL, TOPPED WITH A TOMATO & MINT VINAIGRETTE, CRISPY PANCETTA AND AN APPLE & VANILLA SYRUP **£14.95**

PAN FRIED SEA BASS WITH GARLIC & CHILLI PRAWNS, SAUTÉED POTATO, FINE BEANS & CHERRY TOMATOES **£18.95**

MOULES & FRITTES IN A CREAMY WHITE WINE & TARRAGON SAUCE **£12.95**

GRILLED MACKEREL FILLETS, SALSA VERDE & A BLACK RICE & QUINOA SALAD **£12.95**

GRILLED SALMON SUPREME, BASIL AIOLI, SAUTÉED POTATO, FINE BEANS, CHERRY TOMATOES, OLIVES & WHITE ANCHOVIES **£13.50**

LIGHTLY SPICED CAJUN SALMON, SWEET POTATO FRIES, CHERRY TOMATO, SPRING ONION CORIANDER SALSA & LIME YOGHURT (GF) **£13.50**

GRILLED SKATE WITH BLACKENED CAPER BUTTER WITH NEW POTATOES & SALAD **£14.95**

IN A BUN



All dishes are served in a bun (or naked if you prefer) with a choice of hand cut chips or fries.

Upgrade to sweet potato fries **£1.50**

6OZ BEEF BURGER WITH LETTUCE,
SLICED TOMATO & RED ONION **£10.00**

POSH FISH FINGER BURGER, CRISPY BATTERED
FISH WITH LETTUCE & HOMEMADE CHUNKY
TARTARE SERVED ON FOCACCIA BREAD **£9.50**

JUMBO HOT DOG, AMERICAN MUSTARD
& FRIED ONIONS **£9.50**

CHICKEN BBQ MELT, CHAR-GRILLED
CHICKEN BREAST, BBQ SAUCE, STREAKY
BACON & CHEESE **£12.95**

VEGETARIAN BURGER, CRUMBED BEETROOT
BUTTERNUT SQUASH & GOATS CHEESE BURGER,
LETTUCE, RED ONIONS & TOMATO RELISH (V) **£9.50**

WANT IT DIRTIER?

ADD ANY ONE OF THE FOLLOWING:

FRIED EGG, CHARGRILLED PINEAPPLE RING OR
MONTEREY JACK SLICE **£1.25**

STREAKY BACON, CHARGRILLED HALLOUMI **£2.50**

HOUSE SALADS



MINUTE STEAK & MIXED LEAF SALAD WITH
A BALSAMIC GLAZE (GF) **£11.50**

PRAWN & MIXED LEAF SALAD &
MARIE ROSE SAUCE (GF) **£11.95**

WARM GOATS CHEESE & RED ONION CHUTNEY
WITH BLACK RICE & QUINOA SALAD **£9.00**

CAESAR SALAD, COS LETTUCE, HERB CROUTONS,
CAESAR DRESSING & PARMESAN SHAVINGS **£8.00**

ADD WHITE ANCHOVIES **£1.25**

ADD CHICKEN /SMOKED SALMON/
HALLOUMI/AVOCADO/BLUE CHEESE **£2.50**

FROM THE GRILL



All dishes are served with a choice of
hand cut chips or fries, peas & tomato

RUMP STEAK 10OZ (GF) **£16.00**

SIRLOIN STEAK 8OZ (GF) **£17.50**

T-BONE STEAK 16OZ (GF) **£26.95**

SIRLOIN STEAK 8OZ WITH GARLIC
AND CHILLI PRAWNS (GF) **£22.50**

GODZILLA PORK CHOP 20OZ (GF) **£16.50**

LAMB RUMP 8OZ (GF) **£16.95**

GAMMON STEAK 10OZ (GF) **£14.00**
Served with a fried egg or pineapple

ADD PEPPERCORN SAUCE **£2.50**

ADD STILTON SAUCE **£2.50**

OUR CLASSICS



ALL-DAY BRUNCH - 2 EGGS, 2 BACON, SAUSAGE,
BEANS, CHIPS, GRILLED TOMATO & TOAST **£9.95**

SAUSAGE AND MASH WITH GRAVY &
SEASONAL VEGETABLES IN A
GIANT YORKSHIRE PUDDING **£11.50**

PANKO BREADED CHICKEN BREAST WITH A
MUSHROOM, TARRAGON & WHITE WINE SAUCE
SERVED WITH WILD RICE **£12.95**

CHARGRILLED CHICKEN BREAST TOPPED
WITH GARLIC & CHILLI PRAWNS SERVED
WITH CHIPS & SALAD **£16.95**

BRAISED BEEF STEAK SERVED WITH CRUSHED NEW
POTATOES & SEASONAL VEGETABLES **£12.50**

FULL RACK OF BBQ RIBS SERVED WITH
CHIPS OR FRIES **£12.50**

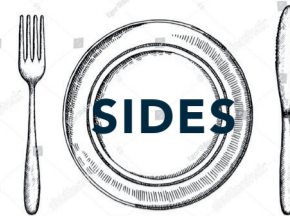
VEGETARIAN



MUSHROOM STROGANOFF (V) **£9.50**
Mushrooms in a creamy white wine and paprika sauce
finished with wild rice

MIXED VEGETABLE DHAL SERVED WITH WILD RICE,
POPPADOM & MANGO CHUTNEY **£9.50**

SIDES



BUTTERED NEW POTATOES **£3.00**

SEASONAL VEGETABLES **£3.00**

MEDITERRANEAN PEARL COUS COUS **£3.50**

BLACK RICE WITH QUINOA SALAD **£3.50**

SWEET POTATO FRIES **£3.50**

GARLIC BREAD (3 SLICES) **£2.50**

CHEESY GARLIC BREAD **£3.00**

MIXED LEAF SALAD **£3.00**

CHIPS OR FRIES **£3.00**

CHEESY CHIPS **£4.00**

BATTERED ONION RINGS **£2.50**

DESSERTS



WAFFLES OR SUNDAES **£6.50**

Topped with lots of sauce & whipped cream.
Chocolate, strawberry, mint choc chip or banoffee.

APPLE CRUMBLE **£5.50**

Served with ice cream or custard

SUFFOLK MEADOW ICE CREAM & SORBETS **£5.50**

Please ask your server for available flavours

BANANA SPLIT **£6.50**

Banana with whipped cream, toffee fudge,
toffee sauce & ice cream

PINEAPPLE OR BANANA FRITTER **£5.50**

Served with golden syrup, icing sugar and ice cream

LEMON TART **£5.00**

Fresh lemon tart, clotted cream and berry compote

CARAMEL BROWNIE FLAPJACK STACK **£6.00**

Served with raspberry coulis & whipped cream

STICKY TOFFEE PUDDING **£5.50**

Served with sticky toffee sauce & ice cream

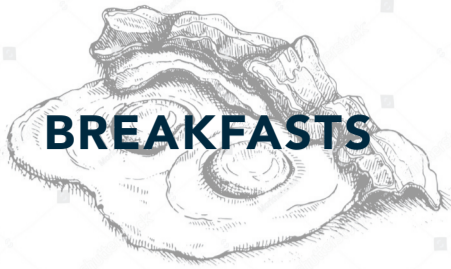
BAKED VANILLA CHEESECAKE **£5.50**

Served with clotted cream and berry compote

CHEESE BOARD **£7.50**

Selection of cheeses with celery, grapes,
biscuits & red onion chutney

ADD A SCOOP OF ICE CREAM **£1.00**



BREAKFASTS

Served Daily: 7.30am - 11am

BACON OR SAUSAGE BAP **£3.50**

FULL ENGLISH **£6.00**

Sausage, egg, bacon, hash brown, mushroom, tomato, beans and toast

VEGETARIAN FULL ENGLISH BREAKFAST **£6.00**

Vegetarian sausage, egg, hash brown, mushrooms, tomato, beans and toast

AVOCADO SMASH WITH
POACHED EGG ON TOAST **£6.00**

ADD ANY OF THE FOLLOWING

Bacon / Sausage / Black Pudding **£1.50**

Fried Egg / Poached Egg / Hash Brown

Tomatoes / Mushrooms / Beans **£1.00**

TOAST (2) & BUTTER, WHITE
OR GRANARY **£1.60**

TOASTED TEACAKE & BUTTER **£2.00**
ADD JAM OR MARMITE **£0.50**

PORRIDGE WITH GOLDEN SYRUP, BANANAS
OR STRAWBERRIES **£3.60**

GRANOLA WITH CREME FRAICHE
& HONEY **£3.60**

BELGIUM WAFFLE (1) OR
AMERICAN PANCAKES (3) WITH:

STREAKY BACON & MAPLE SYRUP **£5.50**

CREME FRAICHE WITH FRUIT COMPOTE OR

HONEY & NUTS **£4.95**

ADD NUTELLA / PEANUT BUTTER/ HONEY **£0.50**

Served Daily: 9.00am - 9.00pm

ALL-DAY BRUNCH

2 EGGS, 2 BACON, SAUSAGE, BEANS,
CHIPS, GRILLED TOMATO & TOAST **£9.95**

LITE BITES MENU

Served 12 noon - 5pm

CLASSIC SANDWICHES

Served on a choice of white or granary bread with crisps

TUNA MAYONNAISE **£5.75**

PRAWN MARIE ROSE **£6.75**

HAM, LETTUCE AND TOMATO **£5.75**

CHEESE & PICKLE **£5.75**

OPEN SANDWICHES

Served on toasted bread with mixed leaves & mediterranean pearl cous cous

SMOKED SALMON & CREAM CHEESE WITH HONEY
& WHOLE GRAIN MUSTARD **£8.95**

AVOCADO, HUMMUS, ROASTED PEPPERS, SUN
BLUSHED TOMATOES & SWEET CHILLI SAUCE **£7.95**

ADD GOATS' CHEESE / HALLOUMI /
STREAKY BACON / GARLIC MUSHROOMS **£2.50**

TOASTIES

Served on white or granary bread

3 CHEESE TOASTIE, RED LEICESTER, MOZZARELLA &
MATURE CHEDDAR WITH SLICED TOMATO & RED
ONION CHUTNEY **£5.75**

TUNA MELT WITH RED ONION & CHEESE **£6.00**

HAM & CHEESE TOASTIE **£6.00**

JACKET POTATOES

*Piping hot jacket potatoes served with a salad
garnish and a choice of filling*

PRAWN MARIE ROSE (GF) **£7.50**

CHEESE AND BEANS (GF) **£6.50**

TUNA & SWEETCORN MAYONNAISE (GF) **£6.50**



OUR LUXURY MILKSHAKES

MILKSHAKES from **£3.50**

LUXURY ICE CREAM THICKSHAKES from **£4.95**

Please ask your server for flavours.



SMOOTHIES

KALE KICK **£3.45**

Mango, spinach, kale and apple juice

BERRY GO ROUND **£3.45**

Raspberry, blackberry, strawberry and apple juice

PASH N SHOOT **£3.45**

Mango, pineapple, passion fruit and apple juice

GRAPE ESCAPE **£3.45**

Strawberry, blueberry, banana, grapes and apple juice



FRAPPES

Delicious flavoured iced coffees.

CLASSIC **£3.50**

VANILLA **£3.50**

CARAMEL **£3.50**

**ALL OUR FOOD MAY CONTAIN
TRACES OF NUTS & OTHER
ALLERGENS, PLEASE ASK
YOUR SERVER FOR MORE
INFORMATION.**

WE WANT TO CELEBRATE LOWESTOFT'S FISHING HERITAGE WITH AN EMPHASIS ON LOCAL FRESH PRODUCE
AND GREAT DISHES CENTERED AROUND THE GREAT BRITISH FAMILY FAVOURITE 'FISH & CHIPS'