

APPETISERS

BREAD & TAPENADES 3.5
WHITE ANCHOVIES 4
BREAD & OLIVES 4

LINDISFARNE OYSTERS
OUR OYSTERS ARE SERVED WITH CHOPPED SHALLOTS IN
SHERRY VINEGAR WITH LEMON AND TOBASCO ON THE SIDE

THREE 7
SIX 12

SUSHI

MAKIZUSHI

TEKKA HOSOMAKI (6 PIECE) 6
THIN ROLLS FILLED WITH YELLOWFIN TUNA AND AVOCADO

SAKE URAMAKI (6 PIECE) 6
INSIDE-OUT ROLL OF RICE FILLED WITH SALMON AND
CUCUMBER

KANI TEMAKI (3 PIECE) 6
CONE SHAPED ROLL FILLED WITH CRAB
AND PICKLED RADISH

NIGIRI

FINGERS OF RICE TOPPED WITH SLICED FISH

EBI (KING PRAWN) (3 PIECE) 6
TEKKA (YELLOWFIN TUNA) (6 PIECE) 6
SAKE (SALMON) (6 PIECE) 6

CHEF'S SUSHI PLATTER 15

A LARGE SELECTION OF TODAY'S SUSHI

STARTERS

CRAYFISH SALAD 9
SMOKED SALMON - AVOCADO

YORKSHIRE HAM HOCK TERRINE 7
PICCALILLI - RYE BREAD

SEARED SCALLOPS 9
RAISIN PUREE - CAULIFLOWER - CRISPY ONIONS

BREADED WHITEBAIT 6
TARTAR SAUCE

TANDOORI COD CHEEKS 8
CARROT SALAD - PODINA CHUTNEY - RAITA

HALLOUMI 6
CAPERS - TOMATO SALSA

WILD MUSHROOMS 5
CHILLI & GARLIC - TOASTED BRIOCHE

CRAB LINGUINE 7
CHILLI - GARLIC

DUCK SPRING ROLL 7
SWEETCORN SALSA - NAM JIM

MUSSELS

SHETLAND MUSSELS COOKED IN THE SAUCE OF
YOUR CHOOSING. SERVED WITH CRUSTY BREAD

CHOICE OF WHITE WINE & CREAM OR
TOMATO AND CHILLI

500 GRAM 7
1000 GRAM 14



FISH & GRILL RESTAURANT

FISH & SEAFOOD

YELLOWFIN TUNA 17
PAK CHOI - UDON NOODLES - ASIAN BROTH

HALIBUT 22
LOBSTER SAUCE - ASPARAGUS - NEW POTATOES

BEER BATTERED HADDOCK 13
MINTY PEAS - CHIPS - TARTAR SAUCE

SEAFOOD LINGUINE 13
CRAB BUTTER - CREAM - WHITE WINE

BAIT'S FISH PIE 12
SEASONAL VEGETABLES

GRILLED LEMON SOLE 18
BABY LEEKS - CLAMS - NEW POTATOES
CRAB BUTTER

SEABASS 17
WHITBY CRAB - PARMENTIER POTATOES
SPINACH - SAMPHIRE - SAFFRON VINAIGRETTE

HAKE 16
CRUSHED NEW POTATOES - PEA & PANCETTA VELOUTE

SEAFOOD RISOTTO 13
CRAB BUTTER - CREAM - WHITE WINE

KING PRAWN LASKA 15
STICKY RICE - TOASTED CASHEWS

GRILLED SALMON 16
BROCCOLI - PEA CREAM - CRAYFISH CROQUETTES

GRILLED MACKEREL 15
GREEN BEANS - NEW POTATOES - BEETROOT
HORSERADISH SAUCE

BAIT SPECIALS

WE HAVE A GREAT SELECTION OF WEEKLY
SPECIALS ON OUR BOARDS. PLEASE ASK A
MEMBER OF OUR STAFF FOR FURTHER DETAILS.

LOBSTER

LOCALLY LANDED WITHERNSEA LOBSTER AT OUR
MARKET PRICE SERVED WITH CHIPS AND SALAD
M.P (SEE OUR SPECIALS)

EITHER
BAIT'S LOBSTER THERMIDOR OR
LOBSTER & GARLIC BUTTER

BAIT'S COLD SEAFOOD PLATTER 45
(REQUIRES 24HRS NOTICE)

A SELECTION OF LOCALLY SOURCED SHELLFISH.
COOKED, CHILLED AND SERVED ON A BED OF
ICE WITH AN ACCOMPANIMENT OF SAUCES

MEAT & GRILL

CHICKEN SUPREME 14
FONDANT POTATO - SEASONAL VEGETABLES

BELLY PORK & TIGER PRAWNS 17
APPLE PUREE - BRAISED RED CABBAGE
POTATO FONDANT RED WINE JUS

STICKY BEEF 15
FILLET STRIPS - UDON NOODLES - ASIAN VEGETABLES

RUMP OF LAMB 18
SLOW ROASTED TOMATOES - MEDITERRANEAN
VEGETABLES - FETA - BALSAMIC JUS

YORKSHIRE BEEF CUTS

ALL SERVED WITH CHUNKY CHIPS - CHERRY
VINE TOMATOES AND WILD MUSHROOMS

RIB-EYE 21
FILLET 27

ADD SURF
THREE KING PRAWNS 6
HALF LOBSTER M.P

ADD SAUCE
PEPPERCORN 3
HARROGATE BLUE 3
BORDELAISE 4
SALSA VERDE 3

VEGETARIAN

MEDITERRANEAN FARFALLE 11
GRILLED VEGETABLES - FETA - BASIL

CHICKPEA CURRY 12
COCONUT RICE - POPPADOMS - RAITA

WILD MUSHROOM RISOTTO 12
SPINACH - MASCARPONE - TRUFFLE OIL

SIDES & SAUCES

PEPPERCORN SAUCE 3
HARROGATE BLUE 3
BORDELAISE 4
SALSA VERDE 3

CHUNKY CHIPS 3
SEASONAL VEGETABLES 3
SPINACH 3
GRILLED VEGETABLES 3
NEW POTATOES 3
CHAMP MASH 3
SIDE SALAD 3
GARLIC BREAD 3
COCONUT RICE 3

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EMAIL: INFO@BAITHULL.CO.UK
PHONE: (01482) 343088

PLEASE NOTIFY A STAFF MEMBER OF ANY FOOD ALLERGIES, INTOLERANCES
OR SPECIAL REQUIREMENTS YOU MAY HAVE. HOWEVER WE CANNOT
GUARANTEE THE COMPLETE ABSENCE OF ALLERGENS IN OUR MENU ITEMS



FISH & GRILL RESTAURANT