

BIBENDUM 'FREE FROM' MENU

*a list of vegetarian (v) & pescetarian (p) dishes are outlined below
many of our dishes can be also made free from gluten & where this is
possible, we have symbolised with a (gf), simply just ask your server*

Starters

Homemade Soup of the Day £6 (gf) (p)

served with warm crusty bread

Smoked Salmon & Crayfish Roulade £8 (gf) (p)

served with wild rocket salad & vinaigrette

Breaded Whitebait £5.5 (p) (gf)

served with tartar sauce & salad garnish

Smoked Haddock, Peppered Mackerel & Spring Onion Fishcakes £7 (gf) (p)

served with warm béarnaise sauce

Oven Baked Camembert £8 (gf) (v)

served with sliced garlic and thyme ciabatta & red onion chutney

Mediterranean Bruschetta £6.25 (gf) (ve)

topped with mixed olives, tomato, red onion & parmesan

Garlic King Prawn £7 (gf) (p)

king prawns tossed in a white wine & garlic sauce with a red pepper & coriander couscous

Pub Classic Mains

Locally Sourced Pork & Herb Sausage and Mash £10 (gf)*

A trio of sausages served with red onion gravy, creamed mash potato & homemade parsnip crisps

Veggie Burger £11 (gf) (v)*

homemade veggie patty served in a toasted brioche bun with salad, sliced beef tomato, red onion & pepper salsa with a side of fries & coleslaw

Beer Battered Fish & Chips £12 (gf) (p)*

tender cod loin in a local real ale homemade batter served with chunky tartar sauce, chips & mushy peas

Chefs Choice Mains

Grilled Salmon Fillet £14 (gf) (p)

served with sautéed thyme potatoes, grilled asparagus in a white wine & spinach sauce

Classic Fish Gratin £12 (gf) (p)*

tender pieces of fish cooked in a white wine & cream sauce topped with creamy mash & cheese & served with a side salad garnish

Moules Marinières £16 (gf) (p)

mussels cooked in a white wine, garlic & creamy parsley sauce served with warm crusty bread

King Prawn & Pesto Linguine £14 (gf) (p)

meaty king prawns & linguine tossed in a light red pesto sauce & chilli oil, topped with wild rocket with parmesan

Roasted Root Vegetable Gratin £11 (gf) (v)*

roasted vegetables in a tomato & herb sauce topped with sliced potato & mature cheddar served with a crisp house salad

Wild Mushroom & Pea Risotto £12 (gf) (v)*

served with truffle oil & parmesan shavings

Sharing Platters

Fish Platter £18 (p)

a selection of smoked salmon, peppered mackerel, mussels & prawns with a selection of dressings, couscous salad & warm bread

Bibendum Veggie Platter £14 (v)

2 mediterranean-style bruschettas, houmous with baton carrot & cucumber, stuffed feta olives, sweet stuffed red peppers & a selection of breads

Sides & Nibbles

Marinated Mixed Olives £3.50 (gf) (v)

Pitta & Houmous £4.50 (v)

Chunky Chips £3.50

Sweet Potato Fries £4.50

Garlic Bread with Cheese £4 (v) (gf)

Stuffed Feta Olives £4 (gf) (v)

Bread & Oils £4.50 (gf)

Cheesy Chips £4.50

Selection of Nuts from £2

Garlic Bread £3 (v) (gf)

Lunches & Light Bites

available until 5pm

Deep Filled Jackets £7.5

all served with your choice of fillings & crisp salad (our jackets are free from gluten)

roasted vegetables & feta (v)

prawn marie rose & crayfish (p)

cheddar cheese & beans (v)

tuna mayonnaise (p)

Sandwiches, Open Ciabattas & Wraps from £7

all served with crisp salad, homemade tortilla chips (gluten free bread available)

- Prawn & Crayfish with Wild Rocket (p) £7.5 - Cheddar Cheese, Pickle & Tomato (v) £7 -

- Fish Finger & Tartar Sauce (p) £7 -

- Smoked Salmon, Cream Cheese & Chive (p) £7.5 -

- Tuna, Spring Onion Mayonnaise & Cucumber (p) £7 -

Bibendum Ploughmans

£8.50 (gf) (v)

British Stilton – French Brie – Mature Cheddar –

Can't decide, mix it up for an extra £1

served with dressed salad, coleslaw, piccalilli & red onion chutney, apple & breads

Salads (v)

Mediterranean *mixed leaf, peppers, olives, onion, feta, cherry tomatoes & basil pesto*

Beetroot & Goats Cheese *mixed leaf salad, beetroot, goats cheese & walnuts*



a warm & friendly welcome from the team

**Here at Bibendum, we pride ourselves on offering a great dining experience.
Our aim... to serve simple yet tasty pub grub, in good ol' fashioned portion sizes.**

We are also proud to support local, with many of our food & drink suppliers from & around Eastbourne itself.



get social, tag us @bibendumeb



Saving the £££s

- TWO MAINS FOR £16 -

available all day Monday to Thursday on selected dishes

- BEER & WINE OF THE MONTH -

a different beer & wine on offer every day

Dietary Requirements

we have a "free from" menu listing all of the dishes that can be made gluten free, vegetarian or vegan

while many of our dishes can be made to suit certain dietary needs, our food is prepared in a kitchen when allergens are present, so if there are any specific requirements, do please just ask

a list of allergens is below & full allergen information can be provided

- fish - crustaceans - lupin - milk - molluscs - mustard - tree nuts - peanuts - sesame seeds -

- cereals - eggs - soy beans - sulphur dioxide - celery