

“FREE FROM”  
FOOD MENU





## **a warm & friendly welcome from the team**

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**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



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### **Saving the £££s**

**- TWO MAINS FOR £16 -**

*available all day Monday to Thursday on selected dishes\**

**- BEER & WINE OF THE MONTH -**

*a variety of different beers & wines on offer*

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### **Dietary Requirements**

*we have an alternative menu listing all of the dishes that can be made free from gluten 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*

*a discretionary 10% service charge is added to your bill & split between the whole team. If you choose to have this removed, it really isn't a problem... all we want is for you to enjoy your visit!!*

# BIBENDUM 'FREE FROM' MENU

*a list of pescetarian (p), vegetarian (v) & vegan (ve) dishes are outlined below  
simply just ask your server for more info*

## Starters

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### **Homemade Soup of the Day £6 (p)**

*served with warm crusty bread*

### **Smoked Salmon Arancini £8 (p)**

*served with wild rocket salad & crème fraîche*

### **Breaded Whitebait £5.5 (p)**

*served with tartar sauce & salad garnish*

### **Smoked Haddock & Spring Onion Fishcakes £7 (p)**

*served with warm béarnaise sauce*

### **Oven Baked Camembert £8 (v)**

*served with sliced garlic & thyme ciabatta & red onion chutney*

### **Mediterranean Bruschetta £6.25 (v) (ve)**

*topped with black olive tapenade, sundried tomato, mozzarella & basil*

### **Moules Marinières £8 (p)**

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

### **Salt & Pepper Squid £7 (p)**

*lightly coated squid rings, deep-fried & finished with salt, pepper & lemon served with garlic mayonnaise*

# Lunches & Light Bites

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available until 5pm

## Deep Filled Jackets £7.5

*all served with your choice of fillings & crisp side salad*

prawn marie rose & crayfish (p)                      cheddar cheese & beans (v)  
tuna mayonnaise (p)                      roasted vegetables & feta (v)

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## Sandwiches, Ciabattas & Wraps from £7

*all served with crisp salad, homemade tortilla chips*

- 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

£8.5 (v)

British Stilton – French Brie – Mature Cheddar – Homemade Scotch Egg

**Can't decide, mix it up for an extra £1.5**

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

# Salads £12

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available all day (v)

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

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

# Pub Classic Mains

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## **Veggie Burger £11.50\*** (p) (v) (ve)

*homemade falafel patty served in a toasted brioche bun topped with grilled halloumi, salad, red onion, sliced beef tomato & mint yoghurt with a side of fries & coleslaw*

## **Beer Battered Fish & Chips £12\*** (p)

*tender cod loin in a local real ale homemade batter served with chunky tartar sauce, chips & minted butter garden peas*

## **Bibendum Mac & Cheese £12\*** (p) (v)

*oven-baked macaroni in a rich red Leicester sauce*

# Chefs Choice Mains

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## **Seafood Pasta Marinara £14.5** (p)

*a mussel, squid & king prawn pasta, with sundried tomatoes & olives cooked in a rich tomato & coriander sauce*

## **Grilled Salmon Fillet £14** (p)

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

## **Classic Fish Gratin £12\*** (p)

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

## **King Prawn & Pesto Linguine £14** (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\*** (v) (ve)

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

## **Wild Mushroom & Pea Risotto £12.5\*** (v) (ve)

*served with truffle oil & wild rocket*

# Sharing Platters

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## **Fish Burger Trio £18 (p)**

*three fillet of fish burgers with beef tomato, a selection of relishes & lettuce in warm ciabattas & served with fries, beer battered onion rings & choice of dipping sauces*

## **Fish Platter £18 (p)**

*a selection of smoked salmon, breaded whitebait, 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**

**Pitta & Houmous £4.50**

**Chunky Chips £3.50**

**Sweet Potato Fries £4.50**

**Garlic Bread with Cheese £4**

**Stuffed Feta Olives £4**

**Bread & Oils £4.50**

**Cheesy Chips £4.50**

**Selection of Nuts from £2**

**Garlic Bread £3**