



## RALLY BAR & RESTAURANT

### SUMMER MENU

#### NIBBLES

Spicy Smoked Almonds	5.00	Pita & Roasted Pepper Hummus	5.00
Mixed Miccio Olives	5.00	Sourdough Bread & Seaweed Butter	5.00
Mini Pork Pie & Piccalilli	5.00		

#### SHARING

<b>The Rally's Smoked Seafood Board</b> , local cold and hot smoked salmon, smoked mackerel rillette, peeled prawns and crayfish tails, chilli mayo, olives, capers and pickled onion, rye bread <b>GF*</b>	34.00
<b>The Rally's Charcuterie Board</b> , a succulent trio of traditional charcuterie: prosciutto crudo, coppa and milano salami, all prepared and cured in the Emilia Region of Italy, olives, hummus, feta, sourdough bread <b>GF*</b>	28.50

#### STARTERS

<b>English Pea &amp; Ham Soup</b> , sourdough <b>V*, VG*, GF*</b>	8.00
<b>Heirloom Tomatoes &amp; Buffalo Mozzarella</b> , orange segments, baby arugula, extra virgin olive oil <b>V, GF</b>	9.00
<b>Smooth Homemade Chicken Liver Parfait</b> , prune ketchup, truffle brioche <b>GF*</b>	10.00
<b>The Relais Seafood Cocktail with Quail Egg</b> , mixed leaves, avocado mousse, Marie Rose sauce <b>GF</b>	10.00
<b>Hastings Smoked Mackerel Rillette</b> , potato salad, pickled cucumber, rocket, horseradish, rye bread crostini <b>GF*</b>	10.00
<b>Crispy Fried Squid</b> , black garlic aioli <b>DF</b>	10.00
<b>Pan Seared Scallops</b> , minted pea puree, crisp pancetta, pea shoot tendrils and red wine jus <b>GF*</b> (Subject to availability)	14.00

#### MAINS

<b>Hastings Battered Fish &amp; Chips</b> , battered cod, mushy peas, tartare sauce, burnt lemon <b>DF</b>	18.50
<b>Baked Lemon Sole</b> , local whole lemon sole, baby new potatoes, peas, lemon butter <b>GF</b>	24.00
<b>Hand-picked Trio of Spiced Crab Fishcakes</b> , light Siam green curry sauce, samphire, rice cracker	22.00
<b>King Prawn Orecchiette</b> , chilli, garlic, butter, white wine, chives	22.00
<b>Fish of the Day</b> , boiled new potatoes and seasonal vegetables	Market Price
<b>Slow Cooked Harissa Lamb Shoulder</b> , smokey aubergine purée, fennel, peas, rosemary jus <b>GF</b>	26.00
<b>Beef Cheek Ragu Pasta</b> , slow braised Ox cheek ragu with orecchiette	24.00
<b>Garlic &amp; Thyme Marinated Sussex Chicken Supreme</b> , potato fondant, asparagus, red wine jus <b>GF</b>	20.00
<b>12oz Sirloin Beef</b> , tender stem broccoli, cherry tomato, triple cooked chips, peppercorn sauce or café de Paris butter <b>DF*, GF*</b>	30.00
<b>Greek Salad</b> , mixed leaves, heirloom tomatoes, cucumber, red onion, olives, feta <b>V, VG*, DF*, GF</b>	18.00
<b>Miso &amp; Maple Glazed Aubergine</b> , avocado, beetroot mayonnaise, pomegranate seeds, Julienne fries <b>V, VG, DF, GF*</b>	19.00
<b>Orecchiette with Courgette &amp; Peas</b> , truffle oil <b>V, VG*, DF*</b>	19.00

#### SIDE DISHES

<b>Tender Stem Broccoli</b> , lemon, toasted almonds <b>V, VG, DF, GF</b>	5.00	<b>Triple-cooked Chips</b> <b>V, VG*, DF, GF*</b>	5.00
		<b>Skinny Fries</b> <b>V, VG*, DF, GF*</b>	5.00
<b>Seasonal Vegetables</b> <b>V*, VG*, GF</b>	5.00	<b>House Salad</b> <b>V, VG, DF, GF*</b>	5.00

Available 12:00-14:30 and 18:00-21:00

V - Suitable for Vegetarians. VG - Suitable for Vegans. DF - Dairy Free. GF - Gluten Free. **V\*, VG\*, DF\*, GF\*** Options Available.  
Items on this menu may contain nuts. All our food is prepared in a kitchen where nuts, gluten and other allergens are present, our menu descriptions do not include all ingredients. IF YOU HAVE ANY FOOD ALLERGIES PLEASE LET US KNOW BEFORE ORDERING.  
Full allergen information available on request. **Prices Include VAT and are subject to a discretionary service charge of 10%.**  
**WE ARE A CASHLESS RESTAURANT.** The above menu may be subject to variation or change.