

The Cain **LITE BITES**

Lite Bites 10.50

All served with a salad & a portion of fries

Salmon & Sweet Potato Fishcakes

Delicately seasoned salmon and sweet potato, coated in crisp golden breadcrumbs and pan-fried until perfectly crisp. Served with garlic aioli.

Chicken Goujons (GF)

Tender strips of chicken breast in a light, gluten-free golden crumb. Served with tangy tomato chutney.

Whitby King Prawns

Lightly coated in Japanese-style panko breadcrumbs and fried until golden. Served with sweet chilli dip.

Chip Shop Croquettes (VG, GF)

Crisp potato and crushed pea croquettes in a light gluten-free cider batter. A proper chip shop throwback, served with a vegan-friendly dip.

Garlic Mushrooms (V)

Sautéed mushrooms in a rich garlic cream sauce, finished with parmesan and served with toasted garlic bread.



The Cain BURGERS

The Cain Burger 14.50

Our signature. A rich beef patty made from brisket and chuck, grilled to perfection and served in a toasted bun with bacon, crisp lettuce, tomato, our house burger sauce, and finished with a golden breaded cheese ring perched on top.

Mint Condition 14.50

A flavourful minted lamb patty, grilled and served in a toasted bun with fresh salad, grilled halloumi, a cool yoghurt & mint dressing, and crowned with crispy onion rings.

Southern Cluckin' Comfort 13.75

Tender chicken breast in a seasoned southern-style coating, fried until golden and crisp, served with fresh salad and garlic mayo, stacked with a breaded cheese ring and a breaded chicken goujon wrapped in streaky bacon.

No Cluck Burger 14.00

A crispy southern-style coated Quorn fillet, served in a toasted bun with fresh salad and smoky BBQ sauce, topped with a chip shop-style croquette for a proper crunch.

The Harbour Bite 13.75

Crispy golden pollock fillet with a light, flaky centre, served with lettuce and tangy tartare sauce in a toasted bun, finished with a prawn and onion ring topper.

All come served with signature seasoned fries

