

MILLIE'S

BEACH BAR & RESTAURANT



SEAFOOD

Indulge in an exquisite array of seafood, meticulously prepared through expert grilling or frying techniques to achieve perfection.

OUR STORY

Sourced from Zampa Fish, an esteemed wholesaler with 125 years of expertise, offering oceanic treasures.

Pre-order your favourite catch Monday to Friday for a tailored dining experience at Millie's – where every bite exudes sophistication and freshness.



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Small Plates

£9 EACH

Can't decide? Combine our variety of small plates to satisfy your appetite!

Fried Chicken Goujons

Served with sweet chilli dip

Butterfly King Prawns

Marinated in garlic, chilli, lime & herbs

Wholetail Scampi

With homemade tartar sauce

Halloumi Fries

Served with sweet chilli dip

Cheesy Nachos

Serves two people +

Grilled Steak Fillet Tails

Served with peppercorn sauce

Salt & Pepper Squid

With homemade tartar sauce

Cod Bites

With homemade tartar sauce

Hummus & Pitta Bread

With a pinch of paprika & olive oil

Olives & Feta Cheese

Marinated in olive oil & herbs

Grilled Monkfish

Marinated in honey & mustard

Whitebait

With homemade tartar sauce

Prawn cocktail

Served in a light Marie rose sauce

Garlic Mushrooms

Panko-fried until golden



Tikka Massala

Served with pitta bread & chips

SALADS

Crispy and crunchy, just like a fresh salad should be.

Prawns in Marie Rose sauce

Served cold with honey mustard dressing

£ 14.00

Hot Smoked Salmon

A rich and flavorful salad with hot smoked salmon and creamy mayo, slightly salty for a bold taste.

£ 12.00

Chicken & Bacon

With Caesar salad dressing

£ 14.00

Halloumi

With Caesar salad dressing

£ 12.00

SIDES

Chips

£ 5.00

Cheesy Chips

£ 6.00

Cheese & Bacon Chips

£ 7.00

New Potato

£ 4.50

Sweet Potato Fries

£ 6.00

Onion Rings

£ 4.50

Food Preparation & Wait Time Disclaimer

During peak times and for larger groups, wait times may vary. Please be advised:

- Standard Wait Time: A minimum of 20 minutes for all orders.
- Peak Times: Expect wait times of up to 35 minutes due to high demand.
- Large Groups (6+ Guests): Orders may take 45 minutes or more during busy periods, as we prepare all meals fresh and aim to serve your table together.



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FRIED SEAFOOD

Peterhead, Cod (Small)	£ 14.95	Peterhead, Cod (Large)	£ 17.95
Wholetail Scampi	£ 16.95	Jumbo Haddock	£ 17.95
Plant-based Fish Fillet 	£ 15.95	Skate Wing	£ 19.95

All served with chips, homemade tartar sauce, mushy or garden peas.

GRILLED SEAFOOD

All served with peas and a choice of either chips, new potatoes or salad.

Peterhead, Cod	£ 18.00	Jumbo Haddock	£ 18.00
	Single		Double
Sea Bass Fillet	£ 15.00	Sea Bass Fillet	£ 20.00



Experience the taste of grilled seafood, along side our signature sauces.

★ **Burnt butter & black pepper**

★ **Garlic & butter sauce**

★ **Chilli & lime sauce**

KITCHEN & GRILL

10oz Steak	£ 22.00	Korean Fried Chicken Tenders	£ 15.00
With garden peas & peppercorn sauce		With house slaw & garnish salad	

The above are served with a choice of chips, new potatoes, rice or salad.

Fish Katsu Curry	£ 18.00	Chicken Katsu Curry	£ 18.00
With rice & garnish salad		With rice & garnish salad	

KITCHEN & BURGERS

Beef Burger	£ 15.95
+ BBQ Bacon £2.50	
Chicken Burger	£ 14.95
+ BBQ Bacon £2.50	
Monk Fish Burger	£ 14.95
Fish Fillet Burger	£ 15.95

All served with chips, salad, house slaw & onion rings

MOVING MOUNTAINS

Plant-based Fish Fillet	 PLANT BASED	£ 16.95
Plant-based Beef Fillet	 PLANT BASED	£ 16.95
Plant-based Beef Fillet	 PLANT BASED	£ 16.95

All served with chips, salad & onion rings

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TOASTED PANINIS

Enjoy the ultimate hot snack experience with our delicious combinations.

Ham & Cheese	£ 10.00	Chicken & Cheese	£ 10.00
Cheese & Tomato	£ 9.00	Tuna Melt	£ 9.00

Served with salad, house slaw & tortilla chips.

JACKET POTATOES

Indulge in the classic comfort of local oven-baked potatoes, topped with your choice of delicious fillings.

Prawn & Marie Rose sauce	£ 10.00	Hot Smoked Salmon	£ 10.00
		<small>Creamy mayo, slightly salty for a bold taste.</small>	
Baked Beans & Cheese	£ 8.50	Tuna Mayo	£ 8.50

Served with salad, house slaw & tortilla chips.

KIDS MEALS

Smaller portions, big taste! Pleasing our youngest eaters with great flavors, available for children 12 and under.

Beef Burger	£ 9.95	Chicken Nuggets	£ 7.95
Cod bites	£ 6.95	Cumberland Sausage	£ 7.95

Served with chips, peas or beans

SIDES

Chips	£ 5.00	Cheesy Chips	£ 6.00	Cheese & Bacon Chips	£ 7.00
Rice	£ 4.50	New Potato	£ 4.50	Sweet Potato Fries	£ 6.00

DESSERTS

Please see our chalkboard for today's delicious selection

Our chefs are unable to make changes to the listed menu items. However, if you need to avoid certain products, please inform us and we will provide gluten-free or other substitutions where possible.

Allergen Information: We maintain the highest standards in our kitchen, where nuts, gluten, and other food allergens are present during food preparation. Our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please speak to a member of our team, and we will do our very best to accommodate you.