

## TAPAS &amp; SMALL PLATES

## BREADS

**Garlic & mozzarella dough twists V 3.5**  
Sea salt and garlic chive butter

**Pepperoni pizza twists 5**  
Tomato pizza sauce, spicy pepperoni, Jalapeno and mozzarella

**BBQ pulled pork pizza twists 5**  
BBQ sauce, smoked pulled pork and mozzarella

**Tomato Bruschetta V 3.5**  
Freshly chopped tomatoes, garlic, basil, maldon salt, olive oil, sweet balsamic and parmesan.

**Warm rosemary focaccia V 4.5**  
Aged balsamic, vergin olive oil, tomatoes and olives.

## FISH &amp; SHELLFISH TAPAS

**Fifty Føur fish platter 22**

**King prawn pil pil 8**  
Garlic, chilli, parsley and paprika.

**Mussels marinara 6.5**  
White wine garlic and herb sauce.

**Crispy fried calamari 5.5**  
Chipotle alioli, lemon and herb shoots.

**Scottish smoked salmon 7**  
Warm focaccia, pickles, capers and chive cream cheese.

**Sicilian sea bass 8**  
Roasted sweet peppers, tomberrys, capers and olives.

**Crab claws and crevettes 10**  
Roasted with garlic butter and herbs, crusty bread and water cress.

**Crispy battered king prawns 8**  
Light spiced chilli batter, Habanero jam and rocket salad.

## MEAT TAPAS

**Chargrilled tomahawk steak platter 55**  
Rocket and Parmesan salad onion rings, baked stilton mushrooms and balsamic cherry tomatoes

**Italian meatballs 5**  
Basil tomato sauce, parmesan crisp and garlic ciabatta.

**Chicken and chorizo piri piri skewer 7**  
Cuscus, mixed seeds and tomato relish.

**Parma ham and honeydew melon 4.5**  
Bocconcini Mozzarella and basil.

**Spanish chicken & ham croquettes 5.5**  
Watercress and paprika mayonnaise.

**Crispy chorizo 5.5**  
Simply pan fried with garlic ciabatta.

**Brisket hash 7**  
Saute potatoes, sweet pepper, smoked pulled beef, onion marmalade and dashes of hot sauce.

**Dry rubbed pork ribs 7**  
Smoky bbq sauce, sesame and pickles.

**Buffalo chicken wings 5.5**  
choose  
Smokey BBQ and orange,  
Franks red hot and habanero jam or  
Maple syrup and streaky bacon.

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## SALADS &amp; SIDES

**Classic Caesar salad V 6.5**  
Crisp baby gem, garlic croutons, fresh anchovies, parmesan shavings and Caesar dressing

**Super grain salad V 6.5**  
Couscous, peas, spring onions, flat parsley, spinach, diced Avocado, pumpkin seeds, toasted mixed nuts and lemon dressing

**Crisp fried goats cheese salad V 6.5**  
Red radish, French leaves, spinach, balsamic, cherry tomatoes and roast beetroot

**Garlic chicken salad 7.5**  
Grilled chicken strips, baby gem, confit garlic, herb croutons, cherry tomato and hollandaise sauce

**Baby gem wedges & blue cheese V 4.5**  
Garlic croutons, stilton dressing, crispy bacon and crumbled blue cheese

**Fifty Føur mixed side salad V 4**

**Spanish tortilla omelette V 4.5**

**Garlic baked mushrooms V 5**  
Creamy blue cheese sauce, Parmesan and herb crust.

**Piquillo peppers V 4**  
Marinated peppers stuffed with soft cheese and herbs.

**Grilled Halloumi V 5.5**  
Mediterranean salsa and pomegranate,

**Cauliflower mornay V 4.5**  
Florettes oven baked in creamy sauce and gratin Parmesan and mozzarella.

**Macaroni cheese bites V 4.5**  
Tomato relish

**Patatas bravas V 4.5**  
Saute diced potatoes, spicy tomato sauce

**Loaded fries VV 5.5**  
Smoked pulled pork, melted cheese sauce and habanero jam

**Sweet potato fries V 4**  
Parmesan and truffle oil

**French skin on fries V 3**

**Mixed marinated olives V 3**

**Creamy slaw V 2.5**

## BURGERS

HAND PRESSED  
100% BRITISH  
Toasted brioche bun,  
crisp lettuce, gherkin,  
tomato and red onion.

**Classic burger 6.5**

**Cheese burger 7**

**Crispy bacon burger 7.5**

**Bacon and cheese burger 8**

**Buttermilk chicken burger 7.5**

**Moving mountains vegan burger V 7.5**

**Double any burger 3**

## sauces

Tomato burger relish  
Ketchup  
Smokey BBQ  
Chipotle mayonnaise  
Piri-piri  
Franks red hot  
Garlic mayonnaise  
Habanero jam  
American mustard

Pick your burger  
add 2 free  
sauces and  
customise with  
extra toppings.

## toppings

Smoked pulled pork 2.5  
Grilled halloumi 2  
Sweet onion marmalade 1  
Goats cheese 2  
Blue cheese 1.5  
Jalapeno 1  
Smashed avocado 1.5  
Chorizo 2  
Beer battered onion rings 2

## DEEP DISH PIZZAS

**Homemade pizza bread filled deep and baked in a cast iron pan**

**Deep Dish Fifty Føur 9.5**  
Ground spiced sausage, roast peppers, onions, pepperoni, mozzarella and chunky tomato sauce.

**Prima pepperoni 8**  
Loads of Pepperoni, mozzarella and chunky tomato sauce.

**Caprino V 8.5**  
Caramelised onion, spinach, goats cheese, sun blushed tomatoes, roast peppers, mozzarella, chunky tomato sauce and pesto.

**Three cheese and fungi V 7.5**  
Garlic mushroom, mozzarella, blue cheese, Parmesan, truffle shavings, chunky tomato sauce and rocket.

## PASTA

**Seafood Spaghetti 11.5**  
Clams, king prawns and mussels, tossed with garlic, fresh lemon, parsley and chilli rose sauce

**Penne Chicken Pesto 10**  
Garlic fried chicken fillet, cream pesto sauce, pine nuts, baby spinach and basil

**Spaghetti Carbonara 8.5**  
Garlic cream, pancetta, parsley, parmesan and cracked black pepper

**Mushroom Carbonara V 7.5**  
Garlic fried mushrooms, cream, parsley, parmesan and cracked black pepper

**Penne Arrabbiata V 8**  
Green chilli, cherry tomato, buffalo mozzarella and ripped basil

**Pulled pork mac and cheese VV 8.5**  
Baked macaroni classic cheese sauce & 8 hour smoked pulled pork.

FIFTY  
FOUR.

# BRUNCH & LUNCH

9am - 2pm

## **Fifty Føur breakfast 6.5**

Eggs of your choice, fried, poached or scrambled, local bacon, English pork sausage, sautéed mushrooms, plum tomatoes, black pudding, baked beans, white or granary toast.

## **Large breakfast 9**

Two eggs of your choice, fried, poached or scrambled, two bacon, two English pork sausage, sautéed mushrooms, plum tomatoes, black pudding, baked beans, white or granary toast.

## **Vegetarian breakfast 6.5 v**

Two eggs of your choice, fried, poached or scrambled, plum tomatoes, crushed avocado, sautéed mushrooms, hash browns, buttered spinach, white or granary toast.

## **Manx kippers 6.5**

Oven baked with fresh lemon, herbs and granary toast.

## **Banana pancake stack 5.5 vv**

Caramelised bananas, maple and crisp streaky bacon.

## **Black pudding and Rosti 7**

Home-made potato Rosti, horseshoe black pudding, poached eggs, streaky bacon and hollandaise sauce.

## **European porridge 5 v**

Toasted mixed nuts, forest fruits, maple syrup and strawberry jam.

## **Sweet brioche French toast fingers 5.5 v**

Blueberry compote and clotted cream.

## **Fifty Føur eggs Benedict 7.5**

Toasted English muffin, back bacon, soft poached eggs and hollandaise sauce.

## **Eggs Royale 8.5**

Toasted English muffin, Scottish smoked salmon, soft poached eggs and hollandaise sauce.

## **Smoked haddock kedgeree 7**

Basmati rice cooked with mild spices, flaked haddock, boiled eggs, peas, fresh parsley and lemon.

## **Freshly made quiche 6.5 v**

Tomato, Parmesan and rocket salad.

## **Smoked salmon and ricotta bagel 8**

Chives, pickled cucumber, baby capers, red onion and rocket.

## **Bagel Caprasi 7.5 vv**

Sun blushed tomatoes, buffalo mozzarella, fresh basil, Parma ham and pesto.

## **Salt beef bagel 8**

Home smoked salt beef, ricotta, gherkin, mustard and pickled red cabbage.

## **Smashed avocado 6.5 v**

Toasted granary, soft poached eggs, crisp Parma and toasted pumpkin seeds.

## **Waffle, crispy chicken & syrup 8**

Home-made Belgian waffle, crispy chicken, fried egg and maple.

## **Nutella Belgian waffle 6.5 v**

Blueberries, banana, Nutella and caramelised peanuts.

## **Shasksuka 5.5 v**

Saucy Spiced tomatoes baked with eggs sweet peppers, onions, spinach and sauté potatoes finished with fresh herbs and rocket.

## **Breakfast barmcakes 4 vv or bagels 4.5**

**With a choice of two fillings**

## **Breakfast fillings and extras 1.5**

Choice of eggs, local bacon, English pork sausage, crushed avocado, grilled tomatoes, baked beans, hash browns, butter spinach, horseshoe black pudding.

## **Home-made soup selection 4.5 vv**

Serve with crusty bread and butter  
Chef soup of the day.  
Smoked haddock and clam chowder.

## **Homemade banana bread 1.5 v**

Perfect with illy coffee and specialist teas.

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# THE MARKET MENU

## EARLY DINERS

WEDNESDAY - SUNDAY  
3pm-6pm

2 COURSE £14.00  
3 COURSE £17.50

WEDNESDAY - FRIDAY  
ENJOY A FREE BOTTLE OF HOUSE WINE  
WHEN 2 PEOPLE DINE FROM THE  
3 COURSE MENU