

Fish and chips played a part in the D-Day Landings. British soldiers identified each other by crying out 'fish' and waiting for the response of 'chips'.



The word batter comes from the French word battre, which means to beat – in reference to whisking the flour and water together.

Restaurant

Takeaway

VOL. 2019.1

FAMILY OWNED & OPERATED SINCE 1926

ONE SHILLING

On behalf of our family, let us welcome you to the legendary Colmans of South Shields. The UK's favourite Fish and Chip Restaurant. We have been serving our famous Fish and Chips and Seafoods for over four generations and have built our reputation by not compromising on quality or service.

AT COLMANS WE BELIEVE QUALITY IS NOT EXPENSIVE, IT'S PRICELESS.

We believe that Fish and Chips are one of the World's greatest dishes, and here at Colmans you will find the Nation's favourite at its finest. We firmly believe that here in the North East of England we have access to some of the World's greatest Fish and Seafoods. We take great pride in sourcing only the finest local and seasonal produce. Keeping with tradition that goes back four generations and to maintain the quality we have become famous for, we still personally choose our own Fish and Seafoods from our local fish quays.

SUSTAINABILITY

All our Fish and Seafoods are from sustainable and well managed fishing grounds. Sustainability is very important to us; the ability to supply the needs of the present without compromising the needs of the future is what we believe in and are passionate about. Of course we remain fully committed to all environmental issues and you will find details are available on our website.

We hope that you enjoy your visit with us and that we see you again soon.

THANK YOU

RICHARD, FRANCES & STAFF

Our Heritage

Our first business was started in 1905 by my Great Grandparents – a small hut on South Shields foreshore. We progressed and opened a larger restaurant and takeaway on the

same site. We then opened another in Barrington Street, South Shields and in 1926 we opened Colmans on Ocean Road, where we have gradually built the business to what it is today.



HALL OF FAME!

In recent years we have been delighted to win many National and Regional awards which have gained us both a National and International following. We were honoured to be asked to provide our famous Fish and Chips for the Queen's Birthday celebrations in Guatemala and we travelled to the British Ambassador's Residence, Villa Wolkonsky in Rome to cook our famous Fish and Chips for 850 dignitaries and guests to celebrate the Queen's Birthday. Our menu has been sampled by a host of celebrity customers and Richard, Frances and the Colmans team have been judged and praised by some of the country's leading chefs. The quality, skill and hard work of our dedicated team has led to inclusions in both National and Regional food guides, including Hardens and The Good Food Guides.

RESTAURANT SPECIALS

SPECIALLY CREATED DISHES TO GIVE OUR CUSTOMERS GREAT VALUE FOR MONEY

SENIOR CITIZEN SPECIALS

£5.99



(113–150 gms)

A smaller portion of fish, served with thick-cut chips and a pot of tea.

Available Monday–Friday excluding Bank Holidays

COLMANS FEAST

£14.95



(220–290 gms)

Prime cod, thick-cut chips, homemade mushy peas, a glass of wine or lager plus a pot of tea or a cup of filter coffee.

COLMANS FINEST

£15.95



(220–290 gms)

Haddock or Whitby Scampi served with thick-cut chips, homemade mushy peas, a glass of wine or lager plus a pot of tea or cup of filter coffee.

DAILY SPECIALS

Please check our blackboards or ask a member of staff for our Daily Selection of local fish and seafoods.



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery.

COC NO: MSC-C-511411

ALLERGY NOTIFICATION

Please make your server aware of any allergies or intolerances you may have before ordering.

Gratuities are at customers' discretion and are distributed amongst all our staff. Thank you.

CATCH OF THE DAY

OUR GOOD OLD TRADITIONAL FAVOURITES!

PRIME COD £9.95

Our best seller. Cod has large flakes and white flesh with a sweet mild flavour.

HADDOCK £10.45

Line-caught and cooked with the skin on for best results. White flaky fish with a unique flavour. Very popular in Scotland.

EXTRA LARGE MIXTURE* OF BOTH COD & HADDOCK FILLETS £18.95

PLAICE £12.95

Identified by its distinct orange spots. Milder in flavour than lemon sole but still very popular.

LEMON SOLE £14.50

Named because of its shape and yellowish spots. It has a sweet delicate flavour with small flakes.

COLMANS COD FISHCAKE £7.95

Flaked cod, fresh potatoes and herbs.

Please note our fish is sold by weight and not size.

Standard Fish weight (wet) – 220-290gms

*Extra Large Fish weight (wet) – 500-550gms

Some of our fish may contain small bones.

All the above dishes are cooked in our secret recipe batter and served with chipped potatoes, lemon and homemade tartare sauce.

Did you have chips with your meal?
If you would like some more just ask your server.

FRESH FROM OUR GRILL

WOULD YOU PREFER YOUR FISH GRILLED?

We are happy to oblige!

COD £11.95

HADDOCK £12.50

DOVER SOLE MARKET PRICE

LOBSTER MARKET PRICE

All of the above dishes are grilled with a fresh herb butter and capers and served with chipped potatoes.

OUR SPECIAL FISHCAKES

All our fishcakes are handmade and cooked in our secret recipe batter

COLMANS CRAB CAKES £14.95

White crab meat, mixed with a little mayonnaise, Worcestershire sauce, mustard and chives and served with a sweet chilli dipping sauce.

COLMANS THAI PRAWN CAKES £14.95

Chopped local prawns with garlic, ginger, chillies, lime, fresh coriander, Thai spices, seasoning and served with a sweet chilli dipping sauce.

TRIO OF COLMANS FISHCAKES £16.95

Consisting of:

- Thai prawn cake
- Crab cake
- Salmon and dill cake

Served with dipping sauces

All of the above dishes are served with a mixed salad garnish and chipped potatoes.

COLMANS HISTORY



CIRCA 1905

Richard's great grandfather and his son Joseph in our first venture on South Shields beach.



CIRCA 1925

**Colman's Lido Cafe – Very swish!
A palm court orchestra played light classical music on Sunday afternoons.**



Circa 1934

**Colmans on ocean road, before extending into the next building.
Mr Colman is first on the left.**



Circa 1937

**Colmans Central Cafe.
Unfortunately destroyed during WW2.**

VISIT OUR NEWEST RESTAURANT

EST.  1926

COLMANS

Seafood Temple

Situated on South Shields sea front, panoramic windows offer unrivalled views of our fantastic coastline! At Colmans Seafood Temple we prepare original and delicious seafood dishes cooked to order. Relax and enjoy our simple but effective approach to seafood, whilst absorbing the vibrant atmosphere of our blue flag beach. There is something for everyone at Colmans Seafood Temple and we look forward to welcoming you all to enjoy some great seafood and happy times.



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-  0191 511 1349
-  info@colmansseafoodtemple.co.uk
-  www.colmansseafoodtemple.co.uk
-  [@colmansseafoodtemple](https://www.facebook.com/colmansseafoodtemple)

OUR LOCAL FAVOURITES

ALL CAUGHT ON LOCAL FISHING BOATS

COLMANS FAMOUS HAND-PREPARED SCAMPI £21.95

Locally caught langoustine tails cooked in Colmans delicious secret recipe batter. Served with salad garnish, chipped potatoes and homemade tartare sauce.
"We believe these to be the best scampi in the world".

CALAMARI £14.95

Lightly floured strips of locally caught squid, served with a salad garnish, chipped potatoes and homemade chilli sauce.

WHITBY EXTRA LARGE SCAMPI £10.95

Extra large scampi tails cooked in breadcrumbs and served with a mixed salad garnish, chipped potatoes and tartare sauce.

VEGETARIAN OPTION

HOMEMADE CHEDDAR £6.95

CHEESE PATTIE
Mature cheddar cheese, folded into crushed potatoes then cooked in our famous batter and served with chipped potatoes.

SPICED VEGETABLE PATTIE £8.95

Served with chipped potatoes. *(Suitable for Vegans)*

MUSHY PEA FRITTER £6.95

Served with chipped potatoes. *(Suitable for Vegans)*

We apologise if at any time we are unable to supply a seafood which appears on the menu, but due to adverse currents, seasonal fluctuations and weather conditions some lines of seafood are not always available

AND THERE'S MORE ...

SAVOURIES

TRADITIONAL £7.95

MINCE & ONION PIE

Served with mushy peas, gravy and chipped potatoes

JUMBO SAUSAGE £7.95

Served with peas or beans and chipped potatoes

EXTRAS

HOMEMADE MUSHY PEAS £1.20

HEINZ BAKED BEANS £1.20

CURRY SAUCE £1.95

GRAVY £1.95

CHIPPED POTATOES £2.95

MIXED MEDITERRANEAN SALAD £3.95

COLESLAW £1.95

GHERKINS £1.95

HOMEMADE SWEET CHILLI SAUCE £1.95

BREAD AND BUTTER (STOTTIE CAKE) 95p

Traditional locally-baked bread

DESSERTS

Our selection of traditional desserts and locally made award-winning ice cream and sorbets

CARTMEL STICKY TOFFEE PUDDING £5.95

Served with vanilla ice cream

TREACLE SPONGE & CUSTARD £4.95

APPLE CRUMBLE & CUSTARD £4.95

SPOTTED DICK & CUSTARD £4.95

COLMANS KNICKERBOCKER GLORY £5.95

CHOCOLATE NUT SUNDAE £4.95

AFFOGATO £4.95

Vanilla ice cream topped with espresso coffee – Delicious!

ICE-CREAM £3.95

Local award-winning Italian ice cream in various flavours

SORBET £3.95

Local award-winning Italian sorbets in various flavours

DRINKS

SOME LIQUID REFRESHMENT TO ACCOMPANY YOUR FOOD

COLD

HOUSEWATER™ @ COLMANS SPARKLING OR STILL 95p

Housewater™ has been created to provide you with a choice. Bottled water can be expensive and may have travelled many miles, generating a significant carbon footprint en route to your table. Tap water is an alternative, however, the quality and purity cannot always be guaranteed and it is often not as appetising as bottled water. Housewater™ is mains supplied water, freshly filtered and chilled by a high quality unit built to demanding specifications by one of the UK's top manufacturers of beverage equipment.

(The bottle is reusable and remains the property of Colmans).

WATER £1.60

A selection of the finest Mineral Waters

COLD DRINKS £1.50

Pepsi, Diet Pepsi, Orange, Lemonade and Shandy

SQUASH 95p

Ice cold orange squash

FRESH JUICE £3.45

Freshly squeezed orange juice

CLASSIC BOTTLED COKE/ DIET COKE £1.95

A refreshingly authentic range of old fashioned soft drinks from Fentimans:

VICTORIAN LEMONADE 275ml: £2.50

GINGER BEER 275ml: £2.50

DANDELION & BURDOCK 275ml: £2.50

JUST SOME OF OUR AWARDS . . .



HOT

FILTER COFFEE WITH CREAM £1.80

CAFE LATTE £2.50

Traditional Italian coffee with milk

CAPPUCCINO £2.50

Traditional Italian coffee with frothed milk and dusted with chocolate

ESPRESSO £1.50

A shot of strong Italian coffee

MACCHIATO £1.65

Espresso with a touch of frothed milk

POT OF TEA £1.60

With lemon or milk

SPECIALITY TEAS £1.95

Darjeeling, Earl Grey, Green Tea, Peppermint Tea, Pure Camomile, and various Fruit Teas (Please ask)

Splenda sweetener is available upon request.



COLMANS OF SOUTH SHIELDS

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www.colmansfishandchips.com



Find us on Facebook



Follow us on Twitter @ColmansSeafood

DRINKS

WHITE

- | | Glass | Bottle |
|---|--------------|---------------|
| 1 Colmans House White, Rio Del Mar | £3.95 | £15.95 |
| <i>Colchagua Valley, Chile</i>
Vibrant Sauvignon Blanc with lifted citrus aromas.
Ideal with fish and chips. | | |
| 2 Chardonnay, Pacifico Sur | £4.25 | £17.95 |
| <i>Central Valley, Chile</i>
Lightly tropical, with hints of melon and Pineapple. | | |
| 3 Pinot Grigio, Brume Di Monte | £4.25 | £18.95 |
| <i>Piemonte, Italy</i>
Soft pear and peach with green fruit undertones. | | |
| 4 Sauvignon Blanc, Makutu | | £19.95 |
| <i>Marlborough Estate, New Zealand</i>
Blackcurrant and gooseberry Scented with masses of exotic palate-tingling flavours. | | |
| 5 Gavi, La Battistina | | £24.95 |
| <i>Piemonte, Italy</i>
White peach and ripe apple with a sherbety lime finish. | | |
| 6 Orballo Albarino, Bodegas La Val | | £21.95 |
| <i>Rias Baixas, Spain</i>
Ripe aromatics with layers of peach and mandarin.
Wonderfully crisp and zingy on the palate. | | |
| 7 Sancerre, La Clochette, JJ Breton | | £28.00 |
| <i>Loire, France</i>
Subtle flavours of elderflower and lemon with a refreshing lift of citrus acidity. | | |

ROSÉ

- | | Bottle |
|---|---------------|
| 1 Colmans House Rosé, Pacifico Sur | £16.95 |
| <i>Central Valley, Chile</i>
The smooth body, rich and intense fruit flavours pair well with fish and seafood. | |

RED

- | | Glass | Bottle |
|--|--------------|---------------|
| 1 Colmans House Red, Rio Del Mar | £3.95 | £15.95 |
| <i>Colchagua Valley, Chile</i>
Soft and supple Merlot with notes of cherries, ripe plums and a hint of cocoa. | | |
| 2 Organic Rioja, Artesa | | £21.95 |
| <i>Rioja, Spain</i>
A complex nose of bramble fruit and black pepper with savoury undertones. Produced only from top quality organic fruit. | | |

SPARKLING WINES & CHAMPAGNE

- | | |
|--|---------------|
| 1 Colmans House Sparkling, Gusborne Estate, Brut reserve 2006 | £48.00 |
| <i>Kent, England</i>
This gorgeous fizz came in the top 5 in a 'blind tasting' of 50 champagnes and sparkling wines. Enough said. | |
| 2 Prosecco Spumante, Le Arche | £23.50 |
| <i>Veneto, Italy</i>
A deliciously light and fruity Prosecco. Vibrant and fresh on the finish. | |
| 3 Veuve Clicquot, Yellow Label NV | £65.00 |
| <i>Reims, France</i>
A fine balance between fruit and toasty aromas, from this world famous producer. | |

We also serve a 20cl bottle of Prosecco **£7.95**

If you do not see the wine you would like, please ask one of our staff as we carry an extensive wine cellar.
Please ask our staff for our selection of Spirits, Cognacs and Liqueurs.
All wine measures are served as 175ml and Spirits at 25ml.

BEERS AND LAGERS

- | | |
|--|--------------|
| Samuel Smith, Organic Best Ale 335ml, 5% abv | £3.95 |
| A delicately flavoured golden ale, fermented in 'stone Yorkshire squares' to create a full, rounded flavour and after-taste. | |
| Samuel Smith, Organic Lager 335ml, 5% abv | £3.95 |
| The only lager brewed in England to Bavarian brewing laws/standards. This lager is also suitable for vegans! | |

- | | |
|---|--------------|
| Samuel Smith, Organic Cider 335ml, 5% abv | £4.95 |
| Medium dry with light clean apple flavours, also suitable for vegans! | |
| Samuel Smith, Organic Wheat Beer 550ml, 5% abv | £4.75 |
| Organic wheat beer is golden, fruity - the naturally occurring fruit esters from the yeast give prominent citrus and banana flavours. | |
| Peroni Nastro Azzuro 330ml, 5.1% abv | £3.50 |
| The number one Italian brewed beer! | |