



**perillas**

Ford Park Road . Mutley . Plymouth  
**01752 662220**



# menu

**Proud to serve the people of  
Plymouth for nearly 100 years.  
How fish and chips have been  
since 1913.**



All our fish and chips are fried in cholesterol-free vegetable oil, we can also grill Hoki or Haddock, so that our clients can enjoy a delicious piece of fish with less than 1% fat!



[www.perillasfishandchips.co.uk](http://www.perillasfishandchips.co.uk)

# menu

range of  
grilled fish  
also  
available

## special offers - fish suppers

	regular	large
cod	£6.00	£6.50
hoki	£5.30	£5.80
plaice	£5.80	£6.30
haddock	£5.80	£6.30
hake	£6.00	£6.50
china sole	£5.30	£5.80

Served with chips, mushy peas, bread and butter and a cup of tea

the choice  
of fish will  
be subject to  
availability

## senior citizen special meal

A small portion of cod and chips served with mushy peas or salad garnish and a cup of tea **only £3.40**

## fried fish - served with chips

	regular	large
hoki fillet	£4.30	£4.80
hake fillet	£5.00	£5.50
plaice fillet	£4.80	£5.30
china sole fillet	£4.30	£4.80
cod fillet	£5.00	£5.50
haddock fillet	£4.80	£5.30
lemon sole fillet	£5.20	£5.80
breaded scampi	£4.80	n/a
breaded fishcakes (2)	£3.50	n/a

fish & chips  
are even better  
with a side  
order

## grilled fish - with chips

haddock fillet	£4.80	£5.30
hoki fillet	£4.30	£4.80

## RESTAURANT TIMES

Lunches: 11.30am - 1.30pm

Evening: 5.00pm - 7.30pm

## **burgers & other meals with chips**

6oz jumbo burger	£4.60
6oz jumbo cheeseburger	£4.80
regular burger	£3.20
chicken burger	£4.00
chicken half	£4.50
chicken nuggets	£3.80
quarterpounder	£4.00
quarterpounder with cheese	£4.20
cheeseburger	£3.40
jumbo sausage	£3.40
faggot	£3.00

## **vegetarian meals with chips**

vegetable fritter	£3.20
vegetable burger	£3.50



## **side orders**

mushy peas	90p
baked beans	70p
fried onion rings	£1.20
curry sauce	£1.00
bread and butter	30p

## **children's meals all at £3.30**

Fish & chips, chicken nuggets and chips, burger and chips, fishcake and chips or sausages (2) and chips

child's portion of chips	£1.70
child's portion of baked beans	60p

## ice cream - sweets - drinks

pineapple fritter with ice cream	£2.20
banana fritter with ice cream	£2.20
apple pie with ice cream or cream	£1.30
vanilla ice cream	£2.20
banana split	£2.60
peach melba	£2.60
pineapple fruit sundae	£2.40
cup of tea	80p
cup of coffee	£1.10
milkshakes	£1.00
hot chocolate	£1.20
ice cold drinks	from 80p

## a history of fish and chips

Separately fish and chips have been eaten for many years; though the potato was not introduced into Europe until the 17th century. However, the fried potato chip (Vlams frites) supposedly first appeared in Belgium, hence the popular modern day term "French fries."

The original pescado frito (deep-fried fish) probably came to England and the Netherlands with the Spanish and Portuguese Jews in the 17th and 18th centuries.

Here in England the dish now known as fish and chips became popular in the middle of the 19th century and the first mention of fried fish was in Charles Dickens famous novel, *Oliver Twist* which was first published in 1837 and mentioned a "fried fish warehouse". By the 1850's street traders were on the streets of London selling fried fish and "shaved" potatoes wrapped in newspapers. Also, in the north of England businesses developed selling deep-fried chipped potatoes.

It is uncertain how and when the two constituents merged into the fish and chip industry as we know it today, but the opening of the first fish and chip shop in London is attributed to Joseph Malin in 1860, whilst the first fish and chip shop outside the capital was opened by John Lees in Mossley, Cheshire, in 1863.

Popularity of the dish rose rapidly and quickly became a staple part of the British diet. Fish and Chips were used to feed the masses during both World Wars, and Lord Woolton, Minister of Food declared that Fish and Chips were among the foods not to be rationed during the Second World War.

Nowadays this country has over 11,000 fish and chip shops serving in excess of 250 million fish and chip suppers each and every year. It still remains Britain's most-popular take-away meal.