

# LUNCH MENU

Served everyday from 11.30 am

<b>(V)</b> Vegetarian	<b>(VE)</b> Vegan
*Please speak to a member of staff about any allergens.	
<b>Battered Cod</b> £16.50 Large cod in fresh crispy batter served with chips and a salad garnish.	
<b>Breaded Plaice</b> £14.50 Plaice coated in crispy breadcrumbs served with chips and a salad garnish.	
<b>Fish Goujons</b> £14.50 Cod goujons coated in crispy breadcrumbs served with chips and a salad garnish.	
<b>Prawn Tempura</b> £14.50 Hot breaded king prawns & garlic dip served with chips and garnish.	
<b>Scampi</b> £14.50 Crispy breaded balls of scampi served with chips and a salad garnish.	
*For a greener choice, our fish options are also available as a fresh salad.	

## The Basics

<b>Butchers Sausage &amp; Chips</b> £8.50 2 butchers sausages and chips served with a salad garnish. <i>Add a free range egg or baked beans for £2.20.</i>
<b>H.E.C</b> £12.00 Farmhouse ham, free range egg and chips served with a salad garnish.
<b>Quiche &amp; Chips</b> £14.95 Heated quiche of the day served with chips, coleslaw and a salad garnish.
<b>Nuggets</b> £11.95 Crispy battered chicken breast bites served with chips and a salad garnish.

## Spuds

<b>Bacon Cheese Spud</b> £9.95 Bacon and cheese on a jacket potato served with a salad garnish. <i>Choose from cheddar, stilton or brie.</i>
<b>Cheese &amp; Beans Spud (V)</b> £9.25 Cheddar cheese and baked beans on a jacket potato served with a salad garnish.
<b>Tuna Mayo Spud</b> £9.95 Tuna mayonnaise on a jacket potato served with a salad garnish. <i>Add cheddar cheese for £2.50</i>
<b>Prawn Spud</b> £12.95 Fresh prawns in marie rose sauce on a jacket potato with a salad garnish.
<b>Chicken &amp; Bacon Spud</b> £11.95 Chicken & bacon mayonnaise on a jacket potato served with a salad garnish.

## Burgers

<b>Served in a toasted brioche bun with chips, coleslaw &amp; a salad garnish.</b>
<b>Original Cheese</b> £14.95 8oz beef burger, melted jack cheese, Sauce Shop burger sauce, lettuce, onion and tomato.
<b>Bacon Cheese</b> £15.95 8oz beef burger, melted jack cheese, bacon, Sauce Shop burger sauce, lettuce, onion and tomato.
<b>Chilli Lover</b> £15.95 8oz beef burger, melted jack cheese, bacon, chilli jam, pickled jalepeños, lettuce, onion and tomato.
<b>Smokey BBQ</b> £15.95 8oz beef burger, melted jack cheese, bacon, Sauce Shop bbq sauce, lettuce, onion and tomato.
<b>Cajun Chicken</b> £15.95 Grilled cajun chicken breast, melted jack cheese, Sauce Shop chipotle and lime alloli, lettuce, onion and tomato.
<b>Green Thumb (V) (VE)</b> £14.25 Moving mountains vegan burger, vegan cheese, seasoned avocado, mayonnaise, lettuce, onion and tomato.

## Ciabattas & Toasties

<b>Served with a salad garnish. Choose from our farmhouse white, granary or sourdough bread. Or go panini style with a fresh, crusty ciabatta.</b>
<i>*Gluten free bread is also available.</i>
<b>Ham &amp; Cheese</b> £8.50 Farmhouse ham and melted cheddar cheese served as a toastie or ciabatta.
<b>Cheesey Onion (V)</b> £7.95 Melted cheddar cheese and red onion served as a toastie or ciabatta.
<b>Hawaiian</b> £8.95 Farmhouse ham, melted cheddar cheese and pineapple served as a toastie or ciabatta.
<b>Spanish Chorizo</b> £8.95 Melted mozzarella, basil, tomato and spanish chorizo served as a toastie or ciabatta.
<b>Blue Cheese &amp; Bacon</b> £8.50 Melted stilton cheese and bacon served as a toastie or ciabatta.
<b>Bacon, Brie &amp; Cranberry</b> £8.95 Bacon, melted brie and cranberry served as a toastie or ciabatta.
<b>Tuna Cheese Melt</b> £8.95 Tuna mayo, melted cheddar cheese and fresh spring onions served as a toastie or ciabatta.
<b>Italian MBT (V)</b> £8.50 Melted mozzarella, basil and sliced tomato served as a toastie or ciabatta.
<b>The B.B.A</b> £8.95 Bacon, melted brie and seasoned avocado served as a toastie or ciabatta.
*Toasties & ciabattas are customisable to your taste, vegan cheese is available.

## Sandwiches

<b>Served with a salad garnish. Choose from our farmhouse white or granary bread.</b>
<i>*Gluten free bread is also available.</i>
<b>C.B.A</b> £9.50 Chicken & bacon mayonnaise with seasoned avocado and lettuce.
<b>Ham Salad</b> £7.95 Farmhouse ham, lettuce, onion, tomato and cucumber.
<b>B.L.T</b> £7.95 Bacon, lettuce and sliced tomato.
<b>Egg Mayo (V)</b> £6.75 Egg mayonnaise and lettuce.
<b>Ham, Cheese &amp; Tom</b> £7.50 Farmhouse ham, cheddar cheese and sliced tomato.
<b>Salmon</b> £10.25 Scottish smoked salmon and lettuce.
<b>Crab</b> £11.95 Fresh crab meat and lettuce.
<b>Prawn</b> £10.95 Fresh prawns in marie rose sauce and lettuce.
<b>Tuna Mayo</b> £7.95 Tuna mayonnaise and lettuce.
<b>Tuna Salad Sandwich</b> £8.50 Tuna mayonnaise, lettuce, onion, tomato and cucumber.
*Sandwiches are customisable to your taste, vegan cheese is available.

## Breakfast Butties & Brioche Buns

<b>Sea Lane Breakfast Butties</b> <i>Choose from a bap or sandwich (farmhouse white or granary) up to three fillings...</i>
FILLING OPTIONS: bacon, butchers sausage, free range egg, hashbrowns, black pudding, seasoned avocado, grilled halloumi or veggie sausage.
1 breakfast filling £6.75 2 breakfast fillings £7.50 3 breakfast fillings £7.95
<b>The Bacon Breakfast Brioche</b> £8.95 Bacon, free range fried egg and seasoned avocado served in a toasted brioche bun.
<b>The Salmon Breakfast Brioche</b> £11.50 Scottish smoked salmon, free range egg and seasoned avocado served in a toasted brioche bun.
<b>The Buffalo Brioche</b> £10.50 Southern fried chicken strips, Sauce Shop spicy buffalo sauce, lettuce, onion & tomato served in a toasted brioche bun with coleslaw and a salad garnish.
<b>The Steak Brioche</b> £13.95 Sirloin steak slices, crispy fried onions, mustard mayo & rocket served in a toasted brioche bun with coleslaw and a salad garnish.
<b>The Fish Finger Brioche</b> £9.95 Cod goujons, tartare sauce & lettuce served in a toasted brioche bun with coleslaw and a salad garnish.

## Fresh Salads

<b>C.B.A</b> £12.95 Chicken & bacon mayonnaise, seasoned avocado, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
<b>Quiche Of The Day</b> £14.00 Heated quiche of the day, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
<b>Cajun Chicken</b> £14.95 Grilled cajun chicken breast, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
<b>Seafood Selection</b> £28.00 Fresh crab meat, prawns in marie rose sauce, king prawns, smoked salmon, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
<b>Fresh Crab</b> £17.95 Fresh crab meat, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
<b>Salmon</b> £16.50 Scottish smoked salmon, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
<b>Tuna Mayo</b> £13.95 Tuna mayonnaise, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
<b>Prawn</b> £14.95 Fresh prawns in marie rose sauce, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
<b>Moroccan Falafel Bowl (V) (VE)</b> £13.95 Moroccan spiced falafel, mediterranean couscous, seasoned avocado, red cabbage, cherry tomatoes, rocket, olives, pomegranate seeds and harissa hummus.

## Extras & Sides

<b>Small Chips (V) (VE)</b> £2.95	<b>Coleslaw (V)</b> £2.20
<b>Regular Chips (V) (VE)</b> £3.95	<b>Mixed Side Salad (V)</b> £5.95
<b>Large Chips (V) (VE)</b> £4.95	<b>Grilled Halloumi</b> £3.00
<b>Cheesey Chips (V)</b> £5.95	<b>Bread &amp; Butter</b> £1.00 per slice

## Kiddies Menu

<b>Sausage, Beans &amp; Chips</b> £7.50 Butchers sausage, baked beans and chips served with a salad garnish & juice carton.
<b>Sausage, Egg &amp; Chips</b> £7.50 Butchers sausage, free range egg and chips served with a salad garnish & juice carton.
<b>Scampi</b> £7.50 Breaded balls of scampi and chips served with a salad garnish & juice carton.
<b>Nuggets</b> £7.50 Battered chicken breast bites served with chips and a salad garnish & juice carton.
<b>Fish Fingers</b> £7.50 Breaded cod goujons served with chips and a salad garnish & juice carton.
<b>Sandwich &amp; Crisps</b> £7.50 Ham OR cheese sandwich (choose from white or granary bread) served with a packet of crisps, a salad garnish & juice carton.