




LUNCH MENU

Served everyday from 11.30 am

 Vegetarian  Vegan alternative available  Contains Chilli

*Please speak to a member of staff about any allergens.

Fishermans Catch

Battered Cod £18.50
Large cod in fresh crispy batter served with chips and a salad garnish.
Breaded Plaice £16.00
Plaice coated in crispy breadcrumbs served with chips and a salad garnish.
Fish Goujons £16.00
Cod goujons coated in crispy breadcrumbs served with chips and a salad garnish.
Prawn Tempura £16.00
Hot breaded king prawns & garlic dip served with chips and garnish.
Scampi £16.00
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

Butchers Sausage & Chips £9.95
2 butchers sausages and chips served with a salad garnish. <i>Add a free range egg or baked beans for £2.50.</i>
H.E.C £14.50
Farmhouse ham, free range egg and chips served with a salad garnish.
Quiche & Chips £16.00
Heated quiche of the day served with chips, coleslaw and a salad garnish.
Nuggets £14.50
Crispy battered chicken breast bites served with chips and a salad garnish.

Spuds

Bacon Cheese Spud £10.95
Bacon and cheese on a jacket potato served with a salad garnish. <i>Choose from cheddar, stilton or brie.</i>
Cheese & Beans Spud (V) £10.25
Cheddar cheese and baked beans on a jacket potato served with a salad garnish.
Tuna Mayo Spud £10.95
Tuna mayonnaise on a jacket potato served with a salad garnish. <i>Add cheddar cheese for £2.50</i>
Prawn Spud £14.00
Fresh prawns in marie rose sauce on a jacket potato with a salad garnish.
Chicken & Bacon Spud £13.50
Chicken & bacon mayonnaise on a jacket potato served with a salad garnish.

Burgers

Served in a toasted brioche bun with chips, coleslaw & a salad garnish.
Original Cheese £16.50
6oz beef burger, melted jack cheese, Sauce Shop burger sauce, lettuce, onion and tomato.
Bacon Cheese £17.50
6oz beef burger, melted jack cheese, bacon, Sauce Shop burger sauce, lettuce, onion and tomato.
Chilli Lover £17.50 
6oz beef burger, melted jack cheese, bacon, chilli jam, pickled jalepeños, lettuce, onion and tomato.
Smokey BBQ £17.50
6oz beef burger, melted jack cheese, bacon, Sauce Shop bbq sauce, lettuce, onion and tomato.
Cajun Chicken £17.50
Grilled cajun chicken breast, melted jack cheese, Sauce Shop chipotle and lime alloli, lettuce, onion and tomato.
Green Thumb (V) (VE) £16.50
Moving mountains vegan burger, vegan cheese, seasoned avocado, mayonnaise, lettuce, onion and tomato.

Ciabattas & Toasties

Served with a salad garnish. Choose from our farmhouse white, granary or sourdough bread. Or go panini style with a fresh, crusty ciabatta.
<i>*Gluten free bread is also available.</i>
Ham & Cheese £9.95
Farmhouse ham and melted cheddar cheese served as a toastie or ciabatta.
Cheesey Onion (V) £8.95
Melted cheddar cheese and red onion served as a toastie or ciabatta.
Hawaiian £10.50
Farmhouse ham, melted cheddar cheese and pineapple served as a toastie or ciabatta.
Spanish Chorizo £10.95
Melted mozzarella, basil, tomato and spanish chorizo served as a toastie or ciabatta.
Blue Cheese & Bacon £9.95
Melted stilton cheese and bacon served as a toastie or ciabatta.
Bacon, Brie & Cranberry £10.50
Bacon, melted brie and cranberry served as a toastie or ciabatta.
Tuna Cheese Melt £10.50
Tuna mayo, melted cheddar cheese and fresh spring onions served as a toastie or ciabatta.
Italian MBT (V) £9.95
Melted mozzarella, basil and sliced tomato served as a toastie or ciabatta.
The B.B.A £10.50
Bacon, melted brie and seasoned avocado served as a toastie or ciabatta.
*Toasties & ciabattas are customisable to your taste, vegan cheese is available.

Sandwiches

Served with a salad garnish. Choose from our farmhouse white or granary bread.
<i>*Gluten free bread is also available.</i>
C.B.A £10.95
Chicken & bacon mayonnaise with seasoned avocado and lettuce.
Ham Salad £9.50
Farmhouse ham, lettuce, onion, tomato and cucumber.
B.L.T £8.95
Bacon, lettuce and sliced tomato.
Egg Mayo (V) £7.95
Egg mayonnaise and lettuce.
Ham, Cheese & Tom £9.95
Farmhouse ham, cheddar cheese and sliced tomato.
Salmon £11.95
Scottish smoked salmon and lettuce.
Crab £13.50
Fresh crab meat and lettuce.
Prawn £11.95
Fresh prawns in marie rose sauce and lettuce.
Tuna Mayo £9.50
Tuna mayonnaise and lettuce.
Tuna Salad Sandwich £9.95
Tuna mayonnaise, lettuce, onion, tomato and cucumber.
*Sandwiches are customisable to your taste, vegan cheese is available.

Breakfast Butties & Brioche Buns

Sea Lane Breakfast Baps/Sandwiches
<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 £7.95
2 breakfast fillings £8.95
3 breakfast fillings £9.95
The Bacon Breakfast Brioche £10.50
Bacon, free range fried egg and seasoned avocado served in a toasted brioche bun.
The Salmon Breakfast Brioche £12.95
Scottish smoked salmon, free range egg and seasoned avocado served in a toasted brioche bun.
The Buffalo Brioche £12.00 
Southern fried chicken strips, Sauce Shop spicy buffalo sauce, lettuce, onion & tomato served in a toasted brioche bun with coleslaw and a salad garnish.
The Steak Brioche £15.50
Sirloin steak slices, crispy fried onions, mustard mayo & rocket served in a toasted brioche bun with coleslaw and a salad garnish.
The Fish Finger Brioche £11.50
Cod goujons, tartare sauce & lettuce served in a toasted brioche bun with coleslaw and a salad garnish.

Fresh Salads

C.B.A £14.50
Chicken & bacon mayonnaise, seasoned avocado, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
Quiche Of The Day £16.00
Heated quiche of the day, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
Cajun Chicken £16.50
Grilled cajun chicken breast, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
Seafood Selection £32.00
Fresh crab meat, prawns in marie rose sauce, king prawns, smoked salmon, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
Fresh Crab £19.95
Fresh crab meat, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
Salmon £18.95
Scottish smoked salmon, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
Tuna Mayo £14.95
Tuna mayonnaise, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
Prawn £14.95
Fresh prawns in marie rose sauce, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.
Moroccan Falafel Bowl (V) (VE) £15.00
Moroccan spiced falafel, mediterranean couscous, seasoned avocado, red cabbage, cherry tomatoes, rocket, olives, pomegranate seeds and harissa hummus.

Extras & Sides

Chips (V) (VE) £4.95
Mixed Side Salad (V) £7.50
Cheesey Chips (V) £6.95
Grilled Halloumi £3.50
Coleslaw (V) £2.50
Bread & Butter £1.25 per slice

Kiddies Menu

Sausage, Beans & Chips £7.95
Butchers sausage, baked beans and chips served with a salad garnish & juice carton.
Sausage, Egg & Chips £7.95
Butchers sausage, free range egg and chips served with a salad garnish & juice carton.
Scampi £7.95
Breaded balls of scampi and chips served with a salad garnish & juice carton.
Nuggets £7.95
Battered chicken breast bites served with chips and a salad garnish & juice carton.
Fish Fingers £7.95
Breaded cod goujons served with chips and a salad garnish & juice carton.
Sandwich & Crisps £7.95
Ham OR cheese sandwich (choose from white or granary bread) served with a packet of crisps, a salad garnish & juice carton.



Sea Lane Café

on the beach