


LUNCH MENU

Served everyday from 11.30 am

(V) Vegetarian **(VE)** Vegan alternative available **(GF)** Gluten Free  Contains Chilli

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

Fishermans Catch

Cod £18.50
Large cod in fresh crispy batter served with tartar dip, chips and a salad garnish.
Haddock £18.50
Large haddock in fresh crispy batter served with tartar dip, chips and a salad garnish.
Lemon Sole £18.50
Lemon Sole in fresh crispy batter served with tartar dip, chips and a salad garnish.
Cod 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.

Cafe Classics

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 (GF) £15.00
Farmhouse ham, free range egg and chips served with a salad garnish.
Quiche & Chips OR Quiche & Salad £16.00
Heated quiche of the day served with coleslaw and either chips OR salad.
Nuggets £14.50
Crispy battered chicken breast bites served with chips and a salad garnish.

Jackets

Bacon Cheese (GF) £10.95
Bacon and cheese on a jacket potato served with a salad garnish. <i>Choose from cheddar, stilton or brie.</i>
Cheese & Beans (V) (GF) £10.50
Cheddar cheese and baked beans on a jacket potato served with a salad garnish.
Tuna Mayo (GF) £10.95
Tuna mayonnaise on a jacket potato served with a salad garnish. <i>Add cheddar cheese for £2.50</i>
Prawn (GF) £14.00
Fresh prawns in Marie Rose sauce on a jacket potato with a salad garnish.
Chicken & Bacon (GF) £14.00
Chicken & bacon mayonnaise on a jacket potato served with a salad garnish.
Crab (GF) £18.00
Fresh crab meat with chilli lime dressing on a jacket potato with a salad garnish.

Burgers

Served in a toasted brioche bun with chips & a salad garnish.
Original Cheese £17.00
6oz beef burger, melted jack cheese, Sauce Shop burger sauce, lettuce, onion and tomato. <i>Add bacon for</i> £1.00
Chilli Lover £18.00 
6oz beef burger, melted jack cheese, bacon, chilli jam, pickled jalepeños, lettuce and onion.
Smokey BBQ £18.00
6oz beef burger, melted jack cheese, bacon, Sauce Shop bbq sauce, lettuce and onion.
Cajun Chicken £18.00
Grilled cajun chicken breast, melted jack cheese, Sauce Shop chipotle and lime alioli, 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>
Cheddar Cheese £7.95
Melted cheddar cheese served as a toastie or ciabatta. <i>Add farmhouse ham for</i> £2.00 , <i>tomato for</i> £1.00 <i>or onion for</i> £1.00
Caprese (V) £9.95
Melted mozzarella, basil pesto (nut free) and tomatoes served as a toastie or ciabatta. <i>Add chorizo for</i> £1.00

New Yorker £10.95
Melted emmental cheese, pastrami, pickles, lettuce and mustard mayo served as a toastie or ciabatta.
Hawaiian £10.50
Farmhouse ham, melted cheddar cheese and pineapple served as a toastie or ciabatta.
Cheese & Bacon £9.95
Melted cheese and bacon served as a toastie or ciabatta. (Choose from brie, stilton, mozzarella or cheddar cheese)
Bacon, Brie & Cranberry £10.95
Bacon, melted brie and cranberry served as a toastie or ciabatta.
Tuna Melt £10.95
Tuna mayo, melted cheddar cheese and fresh spring onions served as a toastie or ciabatta.
Why not add chilli jam to your toastie for £1.00?
*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 £12.95
Scottish smoked salmon and lettuce.
Crab £14.00
Fresh crab meat and lettuce.
Prawn £11.95
Fresh prawns in Marie Rose sauce and lettuce.
Tuna Mayo £9.50
Tuna mayonnaise and lettuce.
New Yorker £10.95
Melted emmental cheese, pastrami, pickles, lettuce and mustard mayo.
<i>*Sandwiches are customisable to your taste, vegan cheese is available.</i>

Breakfast Rolls & Brioche Buns

Sea Lane Breakfast Baps/Sandwiches (GF bread available)
<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 £8.95
2 breakfast fillings £9.95
3 breakfast fillings £10.95
The Bacon Brioche £11.00
Bacon, free range fried egg and seasoned avocado served in a toasted brioche bun <i>Add Chilli Jam for</i> £1.00
The Salmon Brioche £13.95
Scottish smoked salmon, free range egg and seasoned avocado served in a toasted brioche bun. <i>Add Chilli Jam for</i> £1.00
The Buffalo Brioche £13.00 
Southern fried chicken strips, Sauce Shop spicy buffalo sauce, lettuce, onion & tomato served in a toasted brioche bun with ranch mayo dip and a salad garnish.
The Steak Brioche £16.00
Sirloin steak slices, crispy fried onions, mustard mayo & rocket served in a toasted brioche bun with a salad garnish.
The Fish Finger Brioche £12.00
Cod goujons, tartar sauce & lettuce served in a toasted brioche bun with a salad garnish.

Fresh Salads

Chicken Caesar £14.95
Grilled chicken breast, kos lettuce, anchovies, bacon, croutons, parmesan and caesar dressing.
Sweet Potato Power Bowl (GF) £13.00
Roasted sweet potato and chickpeas with kale, avocado, red onion, and feta, tossed in a sweet and tangy honey mustard dressing.
With cajun chicken breast £19.00
Seafood Platter (GF) (serves 2) £38.00
A selection of fresh seafood, including prawns in Marie Rose sauce, crevettes, crab, and smoked salmon. Served with crisp lettuce, avocado, and seasonal garnishes, finished with a chilli lime dressing.
Crab House Salad (GF) £19.95
Crab served over crisp iceberg lettuce with avocado, cucumber, cherry tomatoes, red onion, and pomegranate, finished with a chilli lime dressing.
Smoked Salmon House Salad (GF) £19.00
Smoked salmon with shredded iceberg lettuce, avocado, cucumber, cherry tomatoes, feta, and pomegranate, finished with a lemon dill dressing.
Prawn & Crevette House Salad (GF) £18.00
Prawns in a classic Marie Rose sauce with crevettes, served over crisp iceberg lettuce with avocado, cucumber, cherry tomatoes, red onion, and pomegranate.
Moroccan Falafel Bowl (V) (VE) £15.00
Moroccan spiced falafel, mediterranean couscous, seasoned avocado, red cabbage, cherry tomatoes, rocket, olives, pomegranate and harissa hummus.

Extras & Sides

Chips (V) (VE) (GF) £4.95	Mixed Side Salad (V) (GF) £7.50
Cheesy Chips (V) (GF) £6.95	Grilled Halloumi (V) (GF) £3.50 <i>Add Chilli Jam for</i> £1.00
Crabby Fries £13.00	Coleslaw (V) (GF) £2.50
3 Chicken Tenders & 1 dip £7.50	Bread & Butter £1.25 per slice
Dips: buffalo / garlic mayo / bbq / chilli jam / chipotle lime aioli / ranch mayo	

Kiddies Menu

Sausage & Chips £7.95
Butchers sausage and chips served with a salad garnish & juice carton. Why not add egg OR beans?
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