



SEA LANE

Café

on the beach

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SEA LANE

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BREAKFAST

Served everyday 8:00am - 11:30am

Sea Lane Classic £6.80

Fried Egg, Bacon, Butchers Sausage, with Tomato or Beans served with either Toast or Fried Bread

Smashed Avocado £6.95

Smashed Avocado & Grilled Tomato on Sour Dough Toast. Add Salmon for £3.00

On Toast

White, Granary or GF Bread available 

Beans  £5.25

Avocado   £5.50

Scrambled or Fried Egg  £5.50

Fresh Seasoned Tomatoes   £5.50

Sea Lane Special £10.95

Fried Egg, Bacon, Tomato, Hash Brown, Mushrooms, 2 Butchers Sausages & Beans with either Toast or Fried Bread

Smoked Salmon £8.95

Locally sourced Springs Smoked Salmon & Scrambled Egg on Toast

Breakfast Sandwich or Bap

White, Granary or GF Bread available 

Bacon, Sausage or Fried Egg

One Filling £5.25

Two Filling £5.75

Three Filling £6.25

Sea Lane Veggie £6.80

Fried Egg, Tomato, Hash Brown & Beans with Toast or Fried Bread. Go Vegan with Mushrooms instead of a Fried Egg

Breakfast Extras

Fancy something extra?

Mushrooms, Black Pudding, Tomato, Hash Browns, Beans, Sausage, Fried Egg or Bacon

Individually priced at £1.50



LUNCH

Served everyday from 11:30am onwards

Don't forget to have a look at our specials board!

Main Meals

Sausage & Chips	£5.75
Add Fried Egg or Beans	£1.50
Fish Finger Brioche Bun	£6.95
Add Small Chips	£1.80
Chicken Nuggets & Chips	£8.95
Farmhouse Ham, Fried Egg & Chips 	£8.95
Quiche of the day & Chips 	£9.95
Homemade Chicken Curry & Rice	£10.95
Homemade Lasagne & Chips or Salad	£11.95

Fish

Breaded Plaice	£9.50
Scampi	£10.75
Goujons of Plaice	£10.75
Breaded Prawns & Garlic Dip	£10.75
Large Battered Cod	£11.95
Large Battered Haddock	£11.95

All served with a portion of Chips & Garnish or a Salad



Burgers

Sea Lane 8oz Beef & Cheese	£11.50
Chicken & Cheese	£11.50
8oz Beef, Chilli Jam, Bacon, Jalapeños & Monterey Jack Cheese	£13.00
Moving Mountains® Vegan Burger with Hummus  	£13.00

Cheddar, Brie or Stilton, served in a Brioche Bun with Lettuce, Tomato, Onion, Burger Sauce, Chips & Garnish. Add Bacon for £1.50

Sandwiches

White, Granary or GF Bread available 

Tuna Mayonnaise	£5.25
Egg Mayonnaise 	£5.25
Cheese & Tomato 	£5.25
Farmhouse Ham Salad	£5.75
Farmhouse Ham, Cheese & Tomato	£5.75
Tuna Mayonnaise Salad	£5.75
Bacon, Lettuce & Tomato	£6.25
Chicken, Bacon, Avocado & Mayonnaise	£6.25
Fresh Prawns with Marie Rose Sauce	£6.95
Springs Smoked Salmon	£6.95
Fresh Crab	£6.95





Toasties

White, Granary or GF Bread available 


Farmhouse Ham & Cheese	£5.50
Cheese & Tomato 	£5.50
Cheese & Onion 	£5.50
Farmhouse Ham, Cheese & Pineapple	£5.50
Stilton & Bacon	£5.50
Bacon, Brie & Cranberry	£5.95
Tuna, Cheese & Spring Onion	£5.95
Mozzarella, Basil & Tomato 	£5.95
Bacon, Brie & Avocado	£5.95

Fresh Salads

Freshly made to order




Cheddar Cheese 	£11.00
Farmhouse Ham	£11.00
Quiche of the day 	£11.00
Avocado  	£11.00
Tuna Mayonnaise	£11.50
Chicken, Bacon, Avocado & Mayonnaise	£12.00
Fresh Prawns with Marie Rose Sauce	£12.00
Springs Smoked Salmon	£13.95
King Prawns	£14.95
Fresh Crab	£14.95

Ciabattas

Bacon, Brie & Cranberry	£6.50
Tuna, Cheese & Spring Onion	£6.50
Farmhouse Ham, Cheese & Pineapple	£6.50
Mozzarella, Basil & Tomato 	£6.50
Grilled Steak, Onion & Horseradish	£8.00









Add a portion of small Chips for £1.80

Jacket Potatoes

Butter 	£5.25
Beans  	£6.75
Tuna Mayonnaise	£7.95
Fresh Prawns with Marie Rose Sauce	£9.75
Homemade Chicken Curry	£8.95
Bacon with Cheddar, Brie or Stilton	£8.95

Add Cheese or Coleslaw for £1.50 each

Sides

Mixed Side Salad 	£5.65
Chips  	£2.75
Cheesy Chips 	£3.95
Coleslaw 	£1.50
Slice of Toast 	75p
Pot of Jam or Marmalade 	70p
Bread & Butter 	60p

Kids

All served with a small drink

Ham or Cheese Sandwich & Crisps	£5.50
Sausage, Beans & Chips	£5.50
Chicken Nuggets & Chips	£5.50

Scampi & Chips	£5.50
Goujons of Plaice & Chips	£5.50
Sausage, Fried Egg & Chips	£5.50



 Gluten free option available

 Vegetarian

 Vegan option available