


# LUNCH MENU

Served everyday from 11.30 am

 Contains Chilli  (V) Vegetarian  (VE) Vegan  
\*Please speak to a member of staff about any allergens.

## Fishermans Catch

**Battered Cod** £15.50  
Large cod in fresh crispy batter served with chips and a salad garnish.

**Breaded Plaice** £14.25  
Plaice coated in crispy breadcrumbs served with chips and a salad garnish.

**Fish Goujons** £14.25  
Cod goujons coated in crispy breadcrumbs served with chips and a salad garnish.

**Prawn Tempura** £14.25  
Hot breaded king prawns & garlic dip served with chips and garnish.

**Scampi** £14.25  
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** £7.95  
2 butchers sausages and chips served with a salad garnish.  
*Add a free range egg or baked beans for £2.20.*

**H.E.C** £11.50  
Farmhouse ham, free range egg and chips served with a salad garnish.

**Quiche & Chips** £13.50  
Heated quiche of the day served with chips, coleslaw and a salad garnish.

**Nuggets** £11.95  
Crispy battered chicken breast bites served with chips and a salad garnish.

## Jacket Spuds

**Bacon Cheese Spud** £9.95  
Bacon and cheese on a jacket potato served with a salad garnish.  
*Choose from cheddar, stilton or brie.*

**Cheese & Beans Spud (V)** £9.25  
Cheddar cheese and baked beans on a jacket potato served with a salad garnish.

**Tuna Mayo Spud** £9.95  
Tuna mayonnaise on a jacket potato served with a salad garnish.  
*Add cheddar cheese for £2.50*

**The Marie Rose Spud** £11.95  
Fresh prawns in marie rose sauce on a jacket potato with a salad garnish.


**Chicken & Bacon Spud** £11.95  
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.


**O.G Cheese** £14.95  
8oz beef burger, melted jack cheese, Sauce Shop burger sauce, lettuce, onion and tomato.

**Bacon Cheese** £15.95  
8oz beef burger, melted jack cheese, bacon, Sauce Shop burger sauce, lettuce, onion and tomato.

**Chilli Lover**  £15.95  
8oz beef burger, melted jack cheese, bacon, chilli jam, pickled jalepeños, lettuce, onion and tomato.

**Smokey BBQ** £15.95  
8oz beef burger, melted jack cheese, bacon, Sauce Shop bbq sauce, lettuce, onion and tomato.

**Cajun Chicken** £15.95  
Grilled cajun chicken breast, melted jack cheese, Sauce Shop chipotle and lime alioli, lettuce, onion and tomato.

**Green Thumb (V) (VE)**  £14.25  
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.

*\*Gluten free bread is also available.*

**Ham & Cheese** £7.95  
Farmhouse ham and melted cheddar cheese served as a toastie or ciabatta.

**Cheesey Onion (V)** £7.50  
Melted cheddar cheese and red onion served as a toastie or ciabatta.

**Hawaiian** £8.50  
Farmhouse ham, melted cheddar cheese and pineapple served as a toastie or ciabatta.


**Spanish Chorizo** £8.75  
Melted mozzarella, basil, tomato and spanish chorizo served as a toastie or ciabatta.

**Blue Cheese & Bacon** £8.25  
Melted stilton cheese and bacon served as a toastie or ciabatta.

**Bacon, Brie & Cranberry** £8.50  
Bacon, melted brie and cranberry served as a toastie or ciabatta.

**Tuna Cheese Melt** £8.50  
Tuna mayo, melted cheddar cheese and fresh spring onions served as a toastie or ciabatta.

**Italian MBT (V)** £8.50  
Melted mozzarella, basil and sliced tomato served as a toastie or ciabatta.


**The B.B.A**  £8.50  
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.

*\*Gluten free bread is also available.*

**C.B.A**  £9.50  
Chicken & bacon mayonnaise with seasoned avocado and lettuce.

**Ham Salad** £6.95  
Farmhouse ham, lettuce, onion, tomato and cucumber.

**B.L.T** £7.50  
Bacon, lettuce and sliced tomato.

**Egg Mayo (V)** £6.50  
Egg mayonnaise and lettuce.

**Ham, Cheese & Tom** £6.95  
Farmhouse ham, cheddar cheese and sliced tomato.

**Salmon** £9.95  
Scottish smoked salmon and lettuce.

**Crab** £11.50  
Fresh crab meat and lettuce.

**Prawn** £9.95  
Fresh prawns in marie rose sauce and lettuce.

**Tuna Mayo** £7.50  
Tuna mayonnaise and lettuce.

**Tuna Salad Sandwich** £7.95  
Tuna mayonnaise, lettuce, onion, tomato and cucumber.

*\*Sandwiches are customisable to your taste, vegan cheese is available.*


## Breakfast Butties & Brioche Buns

**Sea Lane Breakfast Butties**  
*Choose from a bap or sandwich (farmhouse white or granary) up to three fillings...*

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

**The Bacon Breakfast Brioche**  £7.95  
Bacon, free range fried egg and seasoned avocado served in a toasted brioche bun.


**The Salmon Breakfast Brioche**  £10.95  
Scottish smoked salmon, free range egg and seasoned avocado served in a toasted brioche bun.

**The Buffalo Brioche** £10.25  
Southern fried chicken strips, Sauce Shop buffalo sauce, lettuce, onion & tomato served in a toasted brioche bun with coleslaw and a salad garnish.

**The Steak Brioche** £13.95  
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** £9.75  
Cod goujons, tartare sauce & lettuce served in a toasted brioche bun with coleslaw and a salad garnish.

## Fresh Salads

**C.B.A**  £12.95  
Chicken & bacon mayonnaise, seasoned avocado, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**Quiche Of The Day** £13.95  
Heated quiche of the day, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**Cajun Chicken** £14.95  
Cajun chicken, Sauce Shop chipotle and lime alioli, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**Seafood Selection** £25.00  
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** £17.50  
Fresh crab meat, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**Salmon** £16.00  
Scottish smoked salmon, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**Tuna Mayo** £13.50  
Tuna mayonnaise, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**The Marie Rose** £13.50  
Fresh prawns in marie rose sauce, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**Moroccan Falafel Bowl (V) (VE)**  £13.50  
Moroccan spiced falafel, mediterranean couscous, seasoned avocado, red cabbage, cherry tomatoes, rocket, olives, pomegranate seeds and harissa hummus.

## Extras & Sides

**Small Chips (V) (VE)** £2.95      **Coleslaw (V)** £2.20

**Regular Chips (V) (VE)** £3.95      **Mixed Side Salad (V)** £5.95

**Large Chips (V) (VE)** £4.95      **Grilled Halloumi** £2.50

**Cheesey Chips (V)** £5.95      **Bread & Butter** £1.00 per slice

## Kiddies Menu

**Sausage, Beans & Chips** £6.95  
Butchers sausage, baked beans and chips served with a salad garnish.

**Sausage, Egg & Chips** £6.95  
Butchers sausage, free range egg and chips served with a salad garnish.

**Scampi** £6.95  
Breaded balls of scampi and chips served with a salad garnish.

**Nuggets** £6.95  
Battered chicken breast bites served with chips and a salad garnish.

**Fish Fingers** £6.95  
Breaded cod goujons served with chips and a salad garnish.

**Sandwich & Crisps** £6.95  
Ham OR cheese sandwich (choose from white or granary bread) served with a packet of crisps and a salad garnish.



# Sea Lane Café

on the beach

ALMAQ

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BALLERS DELIGHT

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SOCIAL GOTHIC

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NEXA RUST SANS

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VENEER

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