

# LUNCH MENU

Served everyday from 11.30 am

(V) Vegetarian (VE) Vegan

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

## Fishermans Catch

**Battered Cod £16.50**  
Large cod in fresh crispy batter served with chips and a salad garnish.

**Breaded Plaice £14.50**  
Plaice coated in crispy breadcrumbs served with chips and a salad garnish.

**Fish Goujons £14.50**  
Cod goujons coated in crispy breadcrumbs served with chips and a salad garnish.

**Prawn Tempura £14.50**  
Hot breaded king prawns & garlic dip served with chips and garnish.

**Scampi £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

**Butchers Sausage & Chips £8.50**  
2 butchers sausages and chips served with a salad garnish.  
*Add a free range egg or baked beans for £2.20.*

**H.E.C £12.00**  
Farmhouse ham, free range egg and chips served with a salad garnish.

**Quiche & Chips £14.00**  
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.

## Spuds

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

**Prawn Spud £12.95**  
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.

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

**Cheesy Onion (V) £7.95**  
Melted cheddar cheese and red onion served as a toastie or ciabatta.

**Hawaiian £8.95**  
Farmhouse ham, melted cheddar cheese and pineapple served as a toastie or ciabatta.

**Spanish Chorizo £8.95**  
Melted mozzarella, basil, tomato and spanish chorizo served as a toastie or ciabatta.

**Blue Cheese & Bacon £8.50**  
Melted stillton cheese and bacon served as a toastie or ciabatta.

**Bacon, Brie & Cranberry £8.95**  
Bacon, melted brie and cranberry served as a toastie or ciabatta.

**Tuna Cheese Melt £8.95**  
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 £8.95**  
Bacon, melted brie and seasoned avocado served as a toastie or ciabatta.

\*Toasties & ciabattas are customisable to your taste, vegan cheese is available.

## Sandwiches

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 £7.95**  
Farmhouse ham, lettuce, onion, tomato and cucumber.

**B.L.T £7.95**  
Bacon, lettuce and sliced tomato.

**Egg Mayo (V) £6.75**  
Egg mayonnaise and lettuce.

**Ham, Cheese & Tom £7.50**  
Farmhouse ham, cheddar cheese and sliced tomato.

**Salmon £10.25**  
Scottish smoked salmon and lettuce.

**Crab £11.95**  
Fresh crab meat and lettuce.

**Prawn £10.95**  
Fresh prawns in marie rose sauce and lettuce.

**Tuna Mayo £7.95**  
Tuna mayonnaise and lettuce.

**Tuna Salad Sandwich £8.50**  
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 £8.95**  
Bacon, free range fried egg and seasoned avocado served in a toasted brioche bun.

**The Salmon Breakfast Brioche £11.50**  
Scottish smoked salmon, free range egg and seasoned avocado served in a toasted brioche bun.

**The Buffalo Brioche £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.

**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 £9.95**  
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 £14.00**  
Heated quiche of the day, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**Cajun Chicken £14.95**  
Grilled cajun chicken breast, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**Seafood Selection £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.

**Fresh Crab £17.95**  
Fresh crab meat, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**Salmon £16.50**  
Scottish smoked salmon, lettuce, tomato, mixed peppers, onion, cucumber, olives, beetroot, carrot and coleslaw.

**Tuna Mayo £13.95**  
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) £13.95**  
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 £3.00
Cheesy Chips (V) £5.95	Bread & Butter £1.00 per slice

## Kiddies Menu

**Sausage, Beans & Chips £7.50**  
Butchers sausage, baked beans and chips served with a salad garnish & juice carton.

**Sausage, Egg & Chips £7.50**  
Butchers sausage, free range egg and chips served with a salad garnish & juice carton.

**Scampi £7.50**  
Breaded balls of scampi and chips served with a salad garnish & juice carton.

**Nuggets £7.50**  
Battered chicken breast bites served with chips and a salad garnish & juice carton.

**Fish Fingers £7.50**  
Breaded cod goujons served with chips and a salad garnish & juice carton.

**Sandwich & Crisps £7.50**  
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