

BIGGER BITES

Jacket Potatoes served with salad <i>Fillings at 55p each</i>	£3.25
Plain Omelette Served with Chips and Salad <i>Fillings at 55p each</i>	£4.95
Nachos topped with Bolognaise and Cheese	£5.50
Minute Steak Baguette <i>Served with fried Onions, Chips and Salad</i>	£5.95
The Seals Mixed Grill <i>Bacon, Egg, Sausage, Mushrooms, Tomato and Chips</i>	£6.95

SANDWICHES & TOASTED SANDWICHES

All made with fresh cut Granary or White Bread & served with either a side of Crisps & a Salad Garnish or Chips

Cheddar & Onion/Tomato/Pickle	£3.50
Home Cooked Ham & Tomato/Pickle	£3.75
Tuna & Mayonnaise	£3.75
Homecooked Ham & Cheddar	£4.00
Prawn & Mayonnaise	£4.25
Smoked Salmon	£4.25
Coronation Chicken	£4.50

In addition to the Sandwiches listed here please see our other options on our Daily Specials Menu

Bill O'Hagans Famous Sausages

Bill O'Hagan has been making sausages for over 20years, he has been awarded the Best Sausage Maker Award by the British Sausage Appreciation Society and we are proud to include his sausages on our Menu.

For todays sausage choices please ask your waitress

Sausage and Mash	£7.95
Sausage Baguette with Chips	£5.95

STARTERS

Soup of the day with Crusty Bread (v)	£3.25
Salt and Pepper Squid Rings with a Chilli Dip	£4.25
Baked Field Mushroom with Spinach and Goats Cheese (v)	£4.25
Tomato and Mozzarella Bruschetta (v)	£4.25
BBQ Chicken Wings	£4.75
Baked Avocado and Stilton (v)	£4.50
Prawn Cocktail	£4.75
Pate of the Day with Warm Toast and Cumberland Sauce	£4.95
Whitebait	£4.75

MAINS

Gammon Steak, Egg and Chips	£7.95
Battered Fish of the Day served with Chips	£7.25
Lasagne, Chips and Salad	£7.25
Our Famous Steak & Kidney Pudding with Mash and Gravy	£7.95
Wholetail Scampi, chips and salad	£8.25
Homemade Fishcakes served with Chips and Salad	£8.95
<i>Please ask your waitress for todays choice</i>	
Chicken Stir Fry with Noodles, Lime, Chilli and Cashew Nuts	£9.95
Char-grilled Pork Steak topped with Roquefort Cheese, fresh apples and Sage	£9.95
Roasted Breast of Chicken wrapped in smoked Bacon served with a Spicy Tomato Sauce	£9.95
Slow Roasted Lamb Shank served with Red Wine and Rosemary Sauce and Mashed Potatoes	£12.95

THE PASTAS

Todays Homemade Pasta served with; Bolognaise <i>minced beef with Tomatoes, Onions and fresh herbs</i>	£7.50
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Carbonara

Bacon, Mushroom and Onion in a creamy White Wine And Garlic Sauce

Arrabiatta Sauce(v)

Spicy Chilli and Tomato sauce

THE SEAL'S CHAR-GRILLED STEAKS

Steak Burger <i>Homemade Burger made with seasoned prime steak with chips and salad Add 50p for cheese.</i>	£6.95
8oz Sirloin Steak with Tomatoes and Mushrooms	£12.95
Medallions of Fillet Steak with Tomato and Mushrooms	£14.95
Peppercorn Sauce	£1.50

Fresh Fish

We always have a variety of different Seafood available that vary throughout the year so please ask your waitress for our separate Seafood Menu.

Specials

In addition to this we have a separate Specials Menu comprising of the Chefs choices of the Day, please ask your Waitress for details.

(v) - Suitable for vegetarians

Please note some of our dishes may contain nuts

THE SALADS

Traditional Chicken Caesar Salad	£6.95
<i>Grilled Breast of Chicken, Cos Lettuce and Garlic Croutons, topped with Parmesan Cheese and Caesar Dressing</i>	
Warm Salad of Garlic Prawns	£7.95
<i>Pan-fried Prawns in Garlic Butter served with Green Salad</i>	
Tomato, Mozzarella and Pesto Salad (v)	£6.50
<i>Fresh Plum Tomatoes and Mozzarella Cheese with Fresh Basil, Pinenut And Olive Oil Dressing</i>	

SIDE ORDERS

Bowl of Chips	£1.75
Bowl of Chips with Cheese	£1.95
Garlic Bread	£2.50
Side Salad	£2.50

JUNIOR MEALS

Chicken Nuggets & Chips	£3.95
Burger & Chips	£3.50
Sausage & Mash	£3.85
Pasta of the Day	£3.95
Ice Cream & Sauce	£1.50

HOMEMADE DESSERTS

All our desserts are made on the premises please ask your waitress for todays choices.

Choice of Ice Cream	£3.25
A Selection of Cheese & Biscuits	£4.50

COFFEES & TEA

Pot of Tea	£1.50
Freshly Ground Coffee	£1.50
Espresso	£1.50
Double Espresso	£1.75
Cappuccino	£1.75
Latte	£1.75
Baileys' Latte	£3.95
<i>50ml shot of Baileys added to your frothy Latte</i>	
Liqueur Coffee	£3.45
<i>25ml shot of your choice & fresh coffee topped with fresh double cream</i>	