

STARTERS

Salt & Pepper Squid (ask for gf)

Served with salad & sweet chilli mayonnaise

£7.75

Rainbow Salad (gf, vg)

Roasted chickpeas, chargrilled pepper, vine tomato olive, beetroot & hazelnuts topped with pomegranate & mint dressing

£7.95

Classic Moules (ask for gf)

Garlic & parsley cream sauce with freshly baked ciabatta wedge. **Size-up for a main with bread or fries**

£8.95/£17.95

Rosemary, Garlic & Thyme Camembert (v, ask for gf)

Served with spiced tomato chutney & toasted ciabatta

Add bacon & maple syrup +£1.25

£11.95

Vegetable Timbale (gf, vg)

With basil pesto dressing

Add Halloumi or Mozzarella +£1.00 (v)

£6.95

Cheese, Bacon & Chive Filled Potato Skins (gf)

With mixed leaves & garlic mayonnaise

£6.95

Ravioli of the Day (ask for v)

Ask your server for details. **Size-up for a main.**

£7.95/£13.95

MAINS

Slow-Roasted Crispy Pork Belly (ask for gf)

Served with wholegrain mustard mash, creamed cabbage and a bacon cream sauce.

£17.95

Chargrilled Swordfish Steak (gf)

Served with sautéed potatoes, fine beans & lemon caper butter

£19.95

Classic Battered Fish & Chips (ask for gf)

Served with homemade tartare sauce & peas

£14.95

Risotto of the Day (gf, ask for vg)

Ask your server for details

£7.95/£13.95

Homemade Pie of the Day

Served with choice of mash, jacket or chips, vegetables & gravy.

£14.95

Minced Steak Smash Burger (ask for gf)

Two smashed burgers with lettuce, tomato & The Seal's burger slaw.

Served with chunky chips. Add Cheese +£1.25 / Add Bacon +£1.00

£14.95

Cajun Spiced Chicken Burger (ask for gf)

Marinated butterflied chicken with lettuce, tomato & The Seal's burger slaw.

Served with chunky chips. Add Cheese +£1.25 / Add Bacon +£1.00

£14.95

'Moving Mountains' Plant-Based Burger (vg)

With lettuce, tomato & spicy tomato jam. Served with

chunky chips. Add Vegan Cheese +£1.25

£14.95

WHILE YOU WAIT

Selection of Fresh Bread (v, ask for vg)

Served with balsamic vinegar, herb oil, & butter

£3.95

Marinated Pitted Olives (gf, vg)

£3.95

SIDES

Garlic Ciabatta (v)

Freshly baked & stuffed with garlic butter

Add cheddar cheese +1.25p

£3.95

Rosemary Salted Potato Wedges

£3.95

Chunky Chips (vg, ask for gf)

Top with cheese +£0.50

Add bacon bits +£0.50

£3.50

Skinny Fries (ask for gf, vg)

£3.50

Jacket Potato (gf, vg)

£3.00

Mashed Potato (gf, v)

£3.00

Seasonal Vegetables (gf, vg)

£3.00

Mixed Salad (vg, ask for gf)

£3.00

gf = Gluten Free v = Vegetarian vg = Vegan

For further allergen information please speak to a member of the team

WHITE WINE

| | Bottle | 250ml | 175ml |
|---|---------------|--------------|--------------|
| Pato Torrente Sauvignon Blanc <i>Chile</i> | £21.50 | £7.25 | £5.75 |
| Mischief Maker Chenin Blanc <i>South Africa</i> | £21.25 | £7.25 | £5.75 |
| Beyond The River Chardonnay <i>Australia</i> | £21.95 | £7.45 | £6.25 |
| Amori Pinot Grigio <i>Italy</i> | £21.95 | £7.45 | £6.25 |
| Rupe Secca Grillo <i>Italy</i> | £26.25 | | |
| Sauvignon Blanc <i>New Zealand</i> | £33.95 | | |
| Chablis, Jean-Marc Brocard <i>France</i> | £44.95 | | |

RED WINE

| | Bottle | 250ml | 175ml |
|---|---------------|--------------|--------------|
| Pato Torrente Merlot <i>Chile</i> | £21.50 | £7.25 | £5.75 |
| Beyond The River Shiraz <i>Australia</i> | £21.50 | £7.25 | £5.75 |
| Jean Balmont Cabernet Sauvignon <i>France</i> | £21.95 | £7.45 | £5.95 |
| Las Pampas Malbec <i>Argentina</i> | £22.95 | £7.75 | £6.45 |
| Franschoek Freedom Cross Pinotage <i>South Africa</i> | £24.95 | | |
| Los Coches Pinot Noir <i>Chile</i> | £27.95 | | |
| Bagordi Rioja <i>Spain</i> | £28.95 | | |
| Château Malbat Bordeaux Rouge <i>France</i> | £35.25 | | |

ROSÉ

| | Bottle | 250ml | 175ml |
|--|---------------|--------------|--------------|
| Amori Pinot Grigio Blush <i>Italy</i> | £21.50 | £7.25 | £5.75 |
| Foxcover White Zinfandel <i>California</i> | £22.95 | £7.45 | £5.95 |

DRAUGHT BEERS

| | Pint |
|---|-------------|
| Poretti <i>Lager 4.8%</i> | £5.60 |
| San Miguel <i>Lager 5.0%</i> | £5.30 |
| Carlsberg <i>Lager 3.8%</i> | £4.45 |
| Thatchers <i>Cider 4.8%</i> | £4.80 |
| Hop Head <i>Ale 3.8%</i> | £4.45 |
| Shipyards APA <i>Ale 4.5%</i> | £5.65 |
| Hobgoblin IPA <i>Ale 5.0%</i> | £5.85 |
| Brooklyn Defender IPA | £5.85 |

BOTTLED

| | |
|--|-------|
| Budweiser <i>Lager 4.5%</i> | £4.10 |
| Corona <i>Lager 4.5%</i> | £4.40 |
| Peroni <i>Lager 5.0%</i> | £4.40 |
| Gluten Free Peroni <i>Lager 5.0%</i> | £4.40 |
| 0% Lager <i>0.05% ABV</i> | £4.20 |
| Young's Light Ale <i>Ale 3.2%</i> | £2.90 |
| Shipyards Low Tide <i>Ale 0.5%</i> | £4.70 |
| Magners <i>Cider 4.5%</i> | £4.80 |
| Crabbies <i>Cider 4.5%</i> | £4.95 |
| Rekorderlig <i>Cider 4.0%</i> <i>Strawberry & Lime/ Wild Berries</i> <i>/ Blood Orange</i> | £4.95 |

COCKTAILS

| | |
|---|-------|
| Seal on the Beach <i>Vodka, Archers, Cranberry and Orange juice</i> | £7.50 |
| Woo Woo <i>Vodka, Archers, Lemonade and Cranberry juice</i> | £7.50 |
| Espresso Martini <i>Vodka, Kahlua, Espresso Shot</i> | £8.50 |

SPARKLING

| | Bottle | 125ml |
|---|---------------|--------------|
| Amori Prosecco Spumante <i>Italy</i> | £32.95 | £5.95 |
| Champagne Baron de Beaupre Brut <i>France</i> | £64.95 | |

SOFT DRINKS

| | |
|--|-------|
| Coca Cola 330ml Bottle <i>(Regular, Diet, Zero)</i> | £2.75 |
| Pepsi Max <i>Pint</i> | £3.80 |
| Lemonade <i>Pint</i> | £3.80 |
| Appletiser | £2.75 |
| J20 <i>Orange & Passionfruit /Apple & Mango</i> <i>/Apple & Raspberry</i> | £2.95 |
| Elderflower Presse | £2.75 |
| Ginger Beer | £2.75 |
| Apple Juice <i>250ml</i> | £3.45 |
| Orange Juice <i>200ml</i> | £2.25 |
| Pineapple Juice <i>200ml</i> | £2.25 |
| Tomato Juice <i>200ml</i> | £2.25 |