

SIDES

Garlic Ciabatta (v) <i>Freshly baked & stuffed with garlic butter</i> <i>Add cheddar cheese +1.25p</i>	£3.95
Rosemary Salted Potato Wedges	£3.95
Chunky Chips (vg, ask for gf) <i>Top with cheese +£0.50</i> <i>Add bacon bits +£0.50</i>	£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

PROMOTIONS

Fab Fish Friday for 2

Choose from classic battered fish, scampi or whitebait, served with chips, peas & tartare sauce with a bottle of house wine or 4 pint of beer all for just £34.50

Upgrade to bottle of prosecco +£3.00

Available on Friday from 17:00pm

MIDWEEK MADNESS

20% off when you spend £40 or more

(excluding delivery charge)

Enter "MIDWEEK" in the discount box at checkout or quote over the phone.

Available Tuesday-Thursday from 18:00pm

SUNDAY LUNCH

Available on Sunday's 12-18:30pm

All of our roasts come with seasonal vegetables, roast potatoes, cauliflower cheese (gf), homemade Yorkshire pudding & gravy (gf, ask for vg).

Prime British Topside of Beef (gf) <i>Ask for horseradish sauce or mustard</i>	£16.95
Prime Loin of Pork (gf) <i>Served with crackling, ask for homemade apple sauce</i>	£14.75
Honey Roasted Gammon (gf) <i>Ask for homemade apple sauce or mustard</i>	£14.75
British Half Roast Chicken (gf)	£14.75
Vegan Nut Roast (vg) <i>Served with vegan gravy</i>	£13.95
Mixed Meat Roast <i>Beef, gammon & pork</i>	£18.95
Children's Roast <i>Choose from chicken, gammon or pork</i>	£9.95
Extra Roast Potatoes	£2.50
Extra Vegetables	£3.00
Extra Yorkshire Pudding	£1.50

TAKEAWAY MENU

Available from March 2023

Monday-Thursday 18:00- 20:00pm

Friday & Saturday 17:00- 20:30pm

Sunday 12:00 - 18:30pm

Available every lunchtime 12:00-14:15pm

Opening times can be subject to change

01243 602461

www.the-seal.com

WHAT'S GOING ON AT THE SEAL:

MEAT RAFFLE EVERY
SATURDAY EVENING

QUIZ EVERY 1ST MONDAY
OF THE MONTH @ 8PM

PIE & PINT NIGHT EVERY
TUESDAY FROM 6PM

STARTERS

Salt & Pepper Squid (ask for gf) <i>Served with salad & sweet chilli mayonnaise</i>	£7.75
Rainbow Salad (gf, vg) <i>Roasted chickpeas, chargrilled pepper, vine tomato olive, beetroot & hazelnuts topped with pomegranate & mint dressing</i>	£7.95
Rosemary, Garlic & Thyme Camembert (v, ask for gf) <i>Served with spiced tomato chutney & toasted ciabatta</i> Add bacon & maple syrup +£1.25	£10.95
Vegetable Timbale (gf, v) <i>With basil pesto dressing</i>	£6.95
Cheese, Bacon & Chive Filled Potato Skins (gf) <i>With mixed leaves & garlic mayonnaise</i>	£6.95
Whitebait <i>With tartare sauce</i>	£6.50
Marinated Pitted Olives (gf, vg)	£3.95

 *Call for today's specials*

£1.50 Delivery to local Selsey area

We cannot deliver to Seal Bay Resort
Sidlesham Delivery £2.50 - please call for availability

**20% off
Midweek
orders over
£40***

MAINS

Slow-Roasted Pork Belly (ask for gf) <i>Served with wholegrain mustard mash, creamed cabbage and a bacon cream sauce.</i>	£17.95
Chargrilled Swordfish Steak (gf) <i>Served with sautéed potatoes, fine beans & lemon caper butter</i>	£19.95
Classic Battered Fish & Chips (ask for gf) <i>Served with homemade tartare sauce & peas</i>	£14.95
Risotto of the Day (gf, ask for vg) <i>Call for today's option</i>	£6.95/£13.95
Homemade Pie of the Day <i>Served with choice of mash, jacket or chips, vegetables & gravy.</i> <i>Call for today's option(s)</i>	£14.95
Minced Steak Smash Burger (ask for gf) <i>Two smashed burgers with lettuce, tomato & The Seal's burger slaw.</i> <i>Served with chunky chips. Add Cheese +£1.25 / Add Bacon +£1.00</i>	£14.95
Cajun Spiced Chicken Burger (ask for gf) <i>Marinated butterflied chicken with lettuce, tomato & The Seal's burger slaw.</i> <i>Served with chunky chips. Add Cheese +£1.25 / Add Bacon +£1.00</i> <i>Available Cheeses: Brie, Cheddar, Blue Cheese, Spicy Cheese, Vegan Cheese</i>	£14.95
'Moving Mountains' Plant-Based Burger (vg) <i>With lettuce, tomato & spicy tomato jam. Served with chunky chips. Add Vegan Cheese +£1.25</i>	£14.95

 *Call for today's specials*



Scan QR to place your order via our website

LIGHTER BITES

Breaded Scampi <i>With fries, tartare sauce & choice of peas or salad</i>	£11.50
Whitebait <i>With mixed leaf salad & tartare sauce</i>	£9.50
Battered fish & chips (ask for gf) <i>A smaller lunchtime portion of our classic dish.</i> <i>Served with peas & tartare sauce.</i>	£10.50
BBQ Marinated Baby Back Pork Ribs <i>Served with wedges, jacket potato or fries.</i>	£11.50
Mac & Cheese (v) <i>Served with mixed leaf garnish.</i> <i>Add Bacon +£1.00</i> <i>Add breaded chicken strips +£2.00</i>	£10.00
Jacket Potatoes (ask for gf, v & vg) <i>Served with mixed leaf garnish.</i> <i>Prawns with classic Marie-Rose sauce (ask for gf)</i> <i>Roasted chickpea & slow roasted pepper (gf, vg)</i> <i>Lincolnshire sausage with baked beans & mature cheddar (gf, ask for v)</i>	£6.95

DESSERTS

Dark Chocolate & Cherry Brownie (gf, v) <i>Served with pouring cream</i>	£6.95
Seasonal Crumble (Ask for gf, Ask for vg) <i>Served with custard or pouring cream</i>	£6.50
Cheese & Biscuits (ask for gf, v) <i>With grapes, celery, walnuts & onion chutney</i>	£8.50

 *Call for today's dessert specials*