



## While You Wait

**Marinated Olives (vg) (gf) £4.50**

**Breads & Oils (v) (ask for vg & gf) £4.50**

## Starters

**Cheese, Bacon & Parsley Potato Skins £7.25**

Served with mixed leaves & garlic mayonnaise (gf)

**Salt & Pepper Calamari £7.95**

Served with homemade sweet chilli sauce (ask for gf)

**The Seal's Seafood Cocktail £9.95**

Prawns & smoked salmon with baby gem & Marie-Rose sauce (ask for gf)

**Rosemary, Garlic & Thyme Camembert (for 2) £10.95**

Served with onion chutney & croutes breads (ask for gf)

## Mains

**Homemade Pie of the Day £16.50**

Served with mash, jacket potato or chips, seasonal vegetables & gravy

**Classic Battered Fish & Chips £15.95**

Served with homemade tartare sauce & peas (ask for gf)

**Seabass Fillet £19.95**

Served with sundried tomato & spring onion mash, fine green beans & a lobster veloute (gf)

**Confit Belly of Pork £19.95**

Served with mustard mash, creamed cabbage, bacon, crispy parsnips & apple cider reduction

**Chicken Curry £17.95**

Served with rice, crispy poppadom & mango chutney

**Mediterranean Vegetable Tart £15.95**

Served with mixed leaf salad & fries (v)

## Burgers

**Cajun Chicken Burger £15.50**

Served with gherkins, lettuce, tomatoes, The Seals burger slaw & fries (ask for gf)

**Classic Beef Burger £15.50**

Served with gherkins, lettuce, tomatoes, The Seals burger slaw & fries (ask for gf)

**Halloumi Burger £15.50**

Served with flat mushroom, roasted pepper, avocado, The Seals burger slaw & fries (v)

**Burger Add-Ons £1.95 each**

Bacon, Cheese, Vegan Cheese, Blue Cheese, Caramelised Onions, Avocado or Fried egg

## Sides

**Classic Chips (ask for gf) £3.50**

(Add cheese +75p, Add bacon +75p)

**Shoestring Fries £3.50**

**Jacket Potato with butter (ask for vg) £3.50**

**Garlic Ciabatta £3.95**

**Cheesy Garlic Ciabatta £5.20**

**Seasonal Vegetables £3.50**

**Mixed Leaf Salad £3.50**

**v** - Vegetarian    **vg** - Vegan    **gf** - Gluten Free

Please advise staff of any allergies or intolerances prior to ordering  
Our kitchen environment handles all 14 major allergens so cannot guarantee a dish will be 100% allergen free