

BRUNCH

Monday - Sunday 11:00 - 15:00

Shakshuka , Smokey pepper and tomato sauce, 3 eggs, flatbread, pickles, toasted seeds (V) 13	13
Smoked Salmon Flatbread , Salmon, poached eggs, sour cream, dill, pickles	14
Breakfast Flatbread , Sausage, fried egg, smoked bacon American cheese	13
Mushroom & Avocado Flatbread , Smoked Mushrooms, avocado, sausage, pickles (VG)	13
Add Seaweed Hash browns (V) 6 Poached Free-Range Egg (V) 2 Grilled Halloumi (V) 4	

MAIN MENU

Monday - Sunday 12:00 - 21:00

SNACKS

Crudités , Seasonal British grown veg, hummus, pitta (VG)	7
Mini Chorizo Sausages , Traditional style Spanish sausages	8
Potato Chaat , Yoghurt, mint chutney, crispy chickpeas, coriander (VG)	8
Grilled Sweetcorn , Chipotle mayo, crispy onions, herbs, pickles (VG)	8
Mac & Cheese Bites , Truffle mayo, parmesan (V)	8.5

MAINS

Green Goddess Salad Seasonal veggies, lettuce, green goddess dressing, nuts & seeds (VG) Add Chicken 5 Halloumi 4 Smoked Salmon 6	15
Flank Steak , Marinated flank, seasoned fries, chimichurri	18
Wood X Coal Burger & Fries Garlic mayo, relish, pickles, onion, mustard, cheese, seasoned fries Veggie and vegan options available	16

FLATBREADS

Choose from Shawarma mushrooms (VG) / Marinated chicken thigh / Smoked pork Served with, hummus, garlic mayo, chilli sauce, house pickles, chopped salad	13
--	----

SIDES

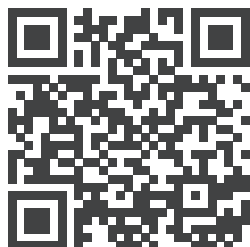
Seasoned fries , House seasoning, chipotle mayo (VG)	6
Truffle Parm Fries , Truffle mayo, parm, truffle oil (V)	9
Sea Fries , Mary rose, pickled cucumbers, crispy sea vegetables (VG)	8

KIDS MENU

3x Chicken tenders , Ketchup or mayo	6
Kids Cheese burger , Either beef, veggie or vegan, plain with fries	12

DESSERTS

Happy endings ice cream sandwich	6.50
The Naughty One (Miso salt caramel parfait between squidgy slices of chocolate Guinness cake and soy dulce de leche) The Gay One (Malt shortbread, vanilla milk ice cream, salted caramel and honeycomb parfait, malt crumb dipped in 42% milk chocolate) East Side Vegan (Corn and cashew 'ice-cream', Smokey salted caramel, with lacey miso and corn cookie)	



Visit goodeats.io/sealanes or scan the QR code to order from Wood X Coal

(V) Vegetarian | (VG) Vegan | Please make us aware of any allergies or intolerances when ordering. Although the greatest care is taken when preparing food we cannot guarantee your food is completely allergen free from due to risk of cross contamination. Please ask if you require more information.

This menu is printed on Cyclus Offset which is made from FSC® Recycled pulp which produces less CO₂, diverts waste from landfill and consumes much less water and energy, as well as eradicating the need for wood in production.

  @woodandcoaluk