

# WEEKDAY MENU

## WEEKDAY BREAKFAST + BRUNCH

AVAILABLE 10AM–12PM  
MON–FRI | DINE IN

### Shakshuka (V) 13

Smoky pepper and tomato sauce, 3 eggs, flatbread, pickles, toasted seeds

### Smoked Salmon Flatbread 14

Salmon, poached eggs, sour cream, dill, pickles

### Breakfast Flatbread 13

Sausage, fried egg, smoked bacon, American cheese

### Mushroom & Avocado Flatbread (VG) 11

Smoked mushrooms, avocado, sausage, pickles

### Extras

Seaweed hash browns (V) 6 | Poached free-range egg (V) 2

Grilled halloumi (V) 4

## BUILD YOUR OWN LUNCH

AVAILABLE 12–3PM  
MON–FRI | EXPRESS  
LUNCH TO EAT-IN  
OR TAKEAWAY

All served with house chopped salad & pickles 11

### 1. Choose base

Flat Bread (VG) | Seasonal Vegetable Slaw (VG) | Seasoned Fries (VG)  
Steamed Jasmine Rice (VG)

### 2. Choose protein

Marinated Chicken Thighs | Smoked Pork | Shawarma Mushrooms (VG)  
Grilled Halloumi (V) | Crispy Chicken

### 3. Choose sauce

Hummus (VG) | Chimichurri (VG) | Hot sauce (VG) | Garlic mayo (VG)

### Extras

Base 3.5 | Protein 5 | Sauce 2

## SIDES

### Seasoned Fries (VG) 5

House seasoning, chipotle mayo

### Truffle Parm Fries (V) 9

Truffle mayo, grated parm, truffle oil

### Dock Fries (VG) 7

Mary rose, pickled cucumbers, crispy sea vegetables

### House Salad (VG) 5

Dressed lettuce, chopped salad

## DESSERTS

Happy Endings Ice Cream Sandwich 6.5 – choose from:

### 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 (VG)

Corn and cashew 'ice-cream', smoky salted caramel, with lacey miso and corn cookie



VISIT [SEALANESCANARYWHARF.CO.UK/MENU](https://sealanescanarywharf.co.uk/menu)  
OR SCAN THE QR CODE TO ORDER

(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.



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# WEEKEND MENU

AVAILABLE 10AM–3PM  
SAT–SUN | DINE IN

## WEEKEND BRUNCH + LUNCH MAINS

### House Granola (VG) 6

Fruit compote, coconut yoghurt, granola

### Turkish Eggs (V) 11

3 free-range poached eggs, spiced yoghurt, chilli oil, coriander, flatbread

### Shakshuka (V) 13

Smoky pepper and tomato sauce, 3 eggs, flatbread, pickles, toasted seeds

### Green Goddess Salad (VG) 12.5

Seasonal veggies, green goddess dressing, nuts & seeds, lettuce

### Flank Steak 16

Marinated flank, seasoned fries, chimichurri

### Burger + Fries 15

Dry-aged beef patty, garlic mayo, house relish, pickles, onion, mustard, cheese, seasoned fries

### Extras

Seaweed hash browns (V) 6 | Poached free-range egg (V) 2

Grilled halloumi (V) 4

*Veggie and vegan options available*

## FLATBREADS

### Smoked Salmon Flatbread 14

Salmon, poached eggs, sour cream, dill, pickles

### Breakfast Flatbread 13

Sausage, fried egg, smoked bacon, American cheese

### Mushroom & Avocado Flatbread 11

Smoked mushrooms, avocado, sausage, pickles

## SIDES

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House seasoning, chipotle mayo

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Dressed lettuce, chopped salad

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# EVENING MENU

AVAILABLE 3PM–9PM  
MON–SUN

## SNACKS

### Crudités (VG) 7

Seasonal British grown veg, hummus, pitta

### Mini Chorizo Sausages 8

Traditional style Spanish sausages

### Potato Chaat (VG) 8

Yoghurt, mint chutney, crispy chickpeas, coriander

### Mac & Cheese Bites (V) 8

Truffle mayo, parm

## MAINS

### Green Goddess Salad (VG) 12.5

Seasonal veggies, green goddess dressing, nuts & seeds, lettuce

### Flank Steak 16

Marinated flank, seasoned fries, chimichurri

### Burger + Fries 15

Dry-aged beef patty, garlic mayo, house relish, pickles, onion, mustard, cheese, seasoned fries

*Veggie and vegan options available*

## FLATBREADS

All served with hummus, garlic mayo, chilli sauce, house pickles, chopped salad **12.5**

### Choose from:

Shawarma mushrooms (VG) | Marinated chicken thigh | Smoked pork

## SIDES

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House seasoning, chipotle mayo

### Truffle Parm Fries (V) 9

Truffle mayo, grated parm, truffle oil

### Dock Fries (VG) 7

Mary rose, pickled cucumbers, crispy sea vegetables

### House Salad (VG) 5

Dressed lettuce, chopped salad

## DESSERTS

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