

WEEKDAY MENU

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**

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

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.



[f](#) [@](#) [in](#) @sealanescw
sealanescanarywharf.co.uk