



SEACOURT TENNIS CLUB

BAR

TOASTED SANDWICH

CHOOSE FROM 2 FILLINGS:
CHEESE, HAM, BACON, TOMATO, ONION & BRIE

£4.95

ALLERGENS: GLUTEN, MILK, MUSTARD.

2 OR 3 EGG OMELETTE

CHOOSE FROM 2 FILLINGS:
HAM, CHEESE, MUSHROOM, TOMATO & ONION
SERVED WITH CHIPS & DRESSED SALAD.

2 EGG: £7.85 3 EGG: £8.95

ALLERGENS: EGG, MILK, MUSTARD

SEACOURT CLUB SANDWICH

CHARGRILLED CHICKEN & BACON, SLICED TOMATO, LETTUCE &
MAYONNAISE SERVED IN A WARM BAGUETTE WITH CHIPS & SALAD.

£8.95

ALLERGENS: EGG, MUSTARD, GLUTEN

6OZ CHEESE & BACON BURGER

SERVED IN A TOASTED SESAME BUN WITH POTATO WEDGES & SALAD.

£9.75

ALLERGENS: SESAME, MILK, MUSTARD, GLUTE, CELERY

CHARGRILLED GAMMON

SERVED WITH 2 FRIED EGGS, CHIPS & PINEAPPLE.

£9.75

ALLERGENS: EGG

ALLERGEN WARNING: ALL DISHES SERVED WITH A SIDE SALAD ARE DRESSED WITH VINAIGRETTE WHICH CONTAINS MUSTARD. PLEASE MAKE STAFF AWARE IF YOU SUFFER FROM ANY ALLERGIES.

ALL DISHES ARE COOKED FRESH TO ORDER, PLEASE BE PATIENT

IF THERE IS ANYTHING NOT ON THE MENU THAT YOU WOULD LIKE, PLEASE DO NOT HESITATE TO ASK. IF WE CANNOT DO IT ON THE NIGHT, WE WILL DO IT NEXT TIME YOU ARE IN.



SEACOURT TENNIS CLUB BAR

BREADED WHOLETAIL SCAMPI

SERVED WITH CHIPS, PEAS & TARTARE SAUCE.

£8.95

ALLERGENS: CRUSTACEANS, EGG, GLUTEN, MUSTARD, SULPHITES

CHICKEN & BACON CAESAR SALAD

DRESSED WITH CIABATTA CROUTONS & SHAVED PARMESAN.

SMALL: £6.95 LARGE: £9.75

ALLERGENS: GLUTEN, MILK, MUSTARD, FISH

CHICKEN TIKKA BALTI

CHICKEN MARINATED IN TIKKA SPICES COOKED IN A MEDIUM SPICED BALTI SAUCE WITH ROASTED PEPPERS, TOMATOES & ONIONS, FINISHED WITH CORIANDER, SERVED WITH BOILED RICE & NAAN BREAD.

£11.25

ALLERGENS: CELERY, MUSTARD, NUTS, GLUTEN, MILK

VEGETABLE BALTI

VEGETABLES ROASTED WITH TIKKA SPICES COOKED IN A MEDIUM BALTI SAUCE, FINISHED WITH CORIANDER, SERVED WITH RICE & NAAN BREAD.

£9.50

ALLERGENS: CELERY, NUTS, MUSTARD, MILK

STIR FRY

STIR FRIED BEEF OR CHICKEN, MARINATED IN SOY & CHILLI SERVED WITH EGG NOODLES AND SHREDDED VEGETABLES.

CHICKEN: £10.50 BEEF: £12.95 MEAT FREE: £7.95

ALLERGENS: CELERY, SOYA, EGG, MILK, NUTS

ALLERGEN WARNING: ALL DISHES SERVED WITH A SIDE SALAD ARE DRESSED WITH VINAIGRETTE WHICH CONTAINS MUSTARD. PLEASE MAKE STAFF AWARE IF YOU SUFFER FROM ANY ALLERGIES.