


Under The Sea





SOFT PLAY AREA



Young People's Menu Served in a pirate themed box.

Plus all of our young people's meals include one portion of your child's 5 A Day - perfect Children's meals with this symbol  contain at least 2 of your child's 5 A Day target



Homemade Lean Beef Burger in a Soft Bun	£4.25
Served with fries, carrot sticks and ketchup.	
Lightly Battered Fillet of Fresh Cod	£4.25
Served with fries, carrot sticks and ketchup.	
Cheese and Tomato Pizza Slice	£3.95
Served with fries, carrot sticks and ketchup.	
Pasta Shells Pot  	£3.95
With either bolognaise or tomato sauce and grated cheese.	
Crispy Chicken Chunks	£3.95
Served with fries, carrot sticks and ketchup.	
Grilled Pork or Meat Free Sausages	£3.95
Served with fries, carrot sticks and ketchup.	
Sandwich Treasure Box 	£3.95
Choose from egg mayonnaise  , cheese  , ham or tuna with carrot sticks and dip, fruit pot and cookie.	

Come along to Captain's Tea Time weekdays 4-6pm and enjoy your choice of one of the above pirate themed boxes plus admission for 2 hours for only £6.50




Add one of the following and tick off another of your child's 5 A Day

Portion of Fresh Vegetables	75p
Fruit Pot	60p
Or choose a Glass of Milk – a great source of calcium.	£1.00

SMART SWAPS for Young People's Menu

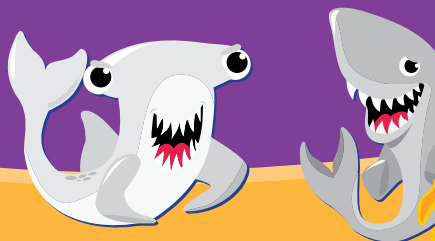
Jacket Potato * Wholemeal Bun * Meat Free Sausage

Baby Menu We advise that this would be suitable for children aged 2 years or below

Cheesy Mash and Beans 	£1.75
A bowl of cheese topped mashed potato with baked beans.	
Baby Finger Sandwiches	£1.75
With a choice of ham, cheese  , tuna or egg mayonnaise  on white or wholemeal with no crusts served with a few spiral fries or swap to a fruit pot and tick off a 5 A Day portion.	

SMART SWAPS for Baby Menu

Swap cheesy mash for plain mash



Sandwiches and Wraps

All served with a garnish of lattice fries or vine ripened cherry tomatoes.

Chicken BLT £4.35

Chargrilled chicken, bacon, lettuce, tomato and light mayonnaise.

Prawn and Spring Onion £4.50

Fresh prawns tossed with chopped spring onion, light mayonnaise and lemon and lime zest.

New York Deli £4.50

With pastrami, rocket, mild mustard and red onion.

Free Range Organic Egg with Tomato  £3.95

Tuna with Cucumber and Light Mayonnaise £3.95

Cheese and Chutney  £3.95

Grated mature cheddar with salad and autumn fruit chutney.

Honey Roast Ham £4.25

With iceberg lettuce, tomato, cucumber and a side pot of wholegrain mustard.

Cheddar Cheese Savoury and Iceberg Lettuce £3.95

Grated cheddar cheese with carrot, onion, peppers and light mayonnaise.

Grilled Crispy Smoked Bacon in a White or Wholemeal Bap £2.45

With fresh tomato.

Grilled Farmhouse Pork Sausage in a White or Wholemeal Bap £2.45

Served with either ketchup or brown sauce.

Meat Free Sausage in a White or Wholemeal Bap  £2.45

Served with either ketchup or brown sauce.

Wrap Specials

All served with a garnish of lattice fries or vine ripened cherry tomatoes.

Chicken Caesar Wrap £4.55

Chicken breast with crisp lettuce and Caesar dressing folded in a soft tortilla wrap.

Hot Chicken Fajita Wrap £4.55

Mexican spiced chicken cooked with sweet peppers and tomato salsa.

SMART SWAPS for Sandwiches and Wraps
Wholemeal bread * Meat Free Sausage

Signature Salads

Try one of our delicious and satisfying signature salads. With a mix of seasonal leaves, rocket, fresh basil, cherry tomatoes, peppers, cucumber, red onion and beetroot drizzled with our light house salad dressing. Choose from:

Grilled Salmon Fillet £5.75

Seasoned with cracked black pepper and lemon.

Lean Sliced Gammon Ham and Light Coleslaw £5.75



Speciality Sandwiches

All served with a garnish of lattice fries or vine ripened cherry tomatoes.

Dolphin Centre Classic Club £6.00

Triple decker toasted sandwich filled with chicken breast, bacon, cheese, salad and mayonnaise.

Our Meat Free Club (V) £6.00

Toasted triple decker packed with flat mushrooms, sliced tomato, goat's cheese, rocket and mayonnaise.

BBQ Pulled Pork Sandwich £5.45

In a floured white or wholemeal bap with mayonnaise, iceberg lettuce and red onion.

Tuna Melt Baguette £5.75

Delicious tuna topped with melted cheese on a crispy baguette.

Panini

Sliced Chicken Breast and Chorizo Panini

With mozzarella cheese. £5.75

Ham, Brie and Apple Panini £5.75

BBQ Chicken and Bacon Panini £5.75

With mozzarella cheese.

Two Cheese, Mushroom and Pepper Panini

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Mozzarella and cheddar cheese with mushroom and peppers.

Sides

Fries £1.95

Curly Fries £2.35

Lattice Fries £2.35

Crunchy Vegetable Sticks £2.50

(Carrots, Peppers and Cucumber) With a light garlic mayo dip and houmous dip.

Portion of Fresh Vegetables £1.55

Allergens and Intolerances

Please speak to our staff about the ingredients in your food when placing your order. Thank you.

OPEN DAILY FROM 10AM. LAST ORDERS FOR HOT FOOD 5PM.

Please refer to our menu board for our range of drinks.

All dishes are subject to availability.

Regrettably we are unable to guarantee the items on the menu are free from nuts or traces of nuts.

(V) suitable for vegetarians or vegetarian option available.

