

# Under The Sea

SOFT PLAY AREA



# BREAKFAST



**BREAKFAST BAP** Available all day ..... £3.75

Choose from back bacon, farmhouse sausage or meat free sausage in choice of white, brown or gluten free roll.

**BREAKFAST COMBO** Available until 12pm..... £4.75

Choose one of our breakfast baps with americano coffee or pot of tea.

# Freshly BAKED

## HOMEMADE SCONES

**CHEESE, FRUIT, OR CHERRY** ..... £2.35

**ADD JAM AND CLOTTED CREAM** ..... £1.00

**TOASTED TEA CAKE** ..... £2.50

Served with butter or low fat spread.

## SELECTION OF CAKES, FLAPJACKS AND TRAY BAKES

Ask Staff for today's selection.



# Cold

# SANDWICHES

ALL SERVED WITH FRESH SIDE SALAD  
CHOOSE BETWEEN WHITE, GRANARY,  
GLUTEN FREE BREAD OR TORTILLA WRAP

**ADD FRIES OR TRADITIONAL CHIPS TO ANY SANDWICH FOR JUST** .....£1.50

**MATURE CHEDDAR & CHUTNEY\*** ..... £5.75  
Mature cheddar cheese with apple chutney.

**TUNA AND CUCUMBER \*** ..... £5.75  
Tuna in light mayonnaise with sliced cucumber.

**ROAST HAM AND TOMATO\*** ..... £6.00  
Roast ham with vine tomatoes.

**EGG MAYONNAISE\*** ..... £5.75  
Free range egg in light mayonnaise with vine tomatoes.

**PRAWN MAYONNAISE** ..... £6.75  
Greenland prawns tossed in light mayonnaise with iceberg lettuce.

# HOT SANDWICHES

ALL SERVED WITH FRESH SIDE SALAD

**ADD FRIES OR TRADITIONAL CHIPS TO ANY SANDWICH FOR JUST** ..... £1.50

**HAM AND CHEDDAR PANINI** ..... £8.00  
Roasted ham with mature cheddar cheese.

**THE DC CLUB SANDWICH** ..... £8.00  
Triple decker toasted sandwich with chicken, bacon, cheese tomato, lettuce, and mayonnaise.

**NEW CHICKEN CAESAR WRAP** ..... £8.00  
Chicken breast with crisp lettuce and caesar dressing folded in a soft tortilla wrap.

**SPICY CHICKEN FAJITA WRAP** ..... £8.00  
With tomato salsa, avocado and sour cream.

**FISH FINGER SANDWICH** ..... £8.00  
Three large crispy cod fish fingers with tartar sauce.

**TUNA MELT BAGUETTE** ..... £8.00  
Tuna in light mayonnaise with melted mature cheddar.

**PHILLY CHEESESTEAK** ..... £8.00  
Fried steak strips, roast peppers, red onion and melted cheddar in a crusty baguette.

**CHICKEN BLT** ..... £8.00  
Chicken breast, bacon, lettuce, tomato and mayonnaise.

# LEAVES & GRAINS

WHY NOT ASK FOR DRESSING SEPARATE TO HELP MAKE YOUR SALAD EVEN HEALTHIER.

**GREEK HOUMOUS (VE)** ..... £8.00  
Flat bread, roast beetroot, olives, fresh salad and balsamic glaze.

**PRAWN SALAD** ..... £9.00  
Prawn mayonnaise, mixed leaves, tomatoes, cucumber, red onions, croutons and lemon.

**CHICKEN CAESAR SALAD** ..... £9.00  
Chicken breast, caesar dressing, croutons, shaved parmesan cheese.

# OVEN BAKED

# Jacket Potatoes

ALL SERVED WITH FRESH SIDE SALAD

**CHEDDAR CHEESE** ..... £7.50

**PRAWN MAYO** ..... £8.00

**BAKED BEANS** ..... £7.50

**BEEF CHILLI** ..... £8.00

**FIVE BEAN CHILLI (VE)** ..... £8.00

**TUNA MAYO** ..... £7.50

**ADD CHEDDAR CHEESE** ..... £1.00



# SIDES

- SKINNY FRIES ..... £3.25
- TRADITIONAL CHIPS ..... £3.25
- CURLY FRIES ..... £3.25
- MIXED HOUSE SALAD ..... £2.75
- GARLIC BREAD ..... £3.00
- CRUSTY BREAD ROLL ..... £1.00
- 8 ONION RINGS ..... £3.50

## Children's

ALL CHILDREN'S MEALS COME WITH CHOICE OF CHIPS, MASH OR VEGETABLE STICKS AND PEAS OR BEANS

- HOT DOG ..... £6.00
- CRISPY CHICKEN CHUNKS ..... £6.00
- CHEESE & TOMATO PIZZA SLICE ..... £6.00
- BATTERED COD ..... £6.50
- CRISPY BREADCRUMBED FISH FINGERS ..... £6.00
- GRILLED PORK OR MEAT FREE SAUSAGES ..... £6.00
- PICNIC PLATTER ..... £5.50  
Choose from egg mayonnaise, cheese, ham or tuna sandwich with fresh fruit, veg sticks and a cookie.

## ALLERGENS AND INTOLERANCES

Our allergen guide is available upon request which provides the major 14 allergens present in each dish. We cannot guarantee that there are no trace allergens, this is because we prepare all food in a kitchen where allergens are present. Please make staff aware of any allergies or intolerances when placing orders.

- ✓ Suitable for vegetarians or vegetarian option available.
- (VG) Suitable for vegans

## Little Dolphins

PERFECT FOR THOSE UNDER THREE

- BABY MASH, VEG AND GRAVY ..... £3.00
- CHEESY MASH AND BEANS ..... £3.00



## Something after

- FRESH FRUIT SALAD (VE) ..... £4.00  
Refreshing mix of melon, strawberries, grapes and pineapple.
- ICE CREAM SUNDAE ..... £6.00  
Three scoops of vanilla ice cream, whipped cream, flake and choice of chocolate or strawberry sauce.
- SCOOP OF ICE CREAM ..... £2.50  
One scoop of ice cream with a flake.
- SELECTION OF ICE CREAM ..... £5.00  
Three scoops of ice cream with chocolate flake. Choose from strawberry, chocolate and vanilla ice cream.
- SELECTION OF CAKES, FLAPJACKS AND TRAY BAKES  
Ask Staff for today's selection.



Please place your order at the counter. Prices includes VAT.  
All dishes listed are subject to availability.



**DARLINGTON**  
Borough Council



# Term Time Sessions

## Parent and Toddler

Monday to Friday,  
10-11.30am

One hour in  
soft play area.

15 minutes snack time - juice  
and complimentary healthy  
snack for child.

15 minutes of  
interactive  
songs.

## Captain's Tea Time

Monday to Friday,  
4-5.30pm

**Join our shipmates  
for our tea time special:**

90 minutes in  
soft play area.

A themed  
pirate box  
meal.



01325 406000  
[www.healthydarlington.co.uk](http://www.healthydarlington.co.uk)

Casual admission available throughout  
opening times. Weekends and School  
Holidays are casual admission only.