

LIDO LUNCH

SERVED UNTIL 5PM

All our sandwiches are served with skin-on fries.

Sweet Chilli Chicken Wrap (1293 kcals) £8.95
Sweet chilli chicken, grated cheddar, crispy lettuce, tomato, sweet chilli & lime mayo served in a tortilla wrap.

Fish Butty (873 kcals) £8.95
Battered fish goujons served in a brioche bun, with tartare sauce & lemon.

NEW Beef Patty Ciabatta Melt £9.95
(1586 kcals)
6oz smashed beef patty with swiss cheese, onion jam and pickles, in a toasted ciabatta, topped with a fried free-range egg.

NEW Goats Cheese & Roast Peppers (1097 kcals) £8.95
Served on a toasted wholemeal bloomer with a drizzle of basil pesto.

NEW Treacle Cured Flat Iron Steak £13.95
(836 kcals)
Served with a Chimichurri butter and skin-on fries.

NEW Half Day Breakfast (1129 kcals) £10.95
2 bacon, 2 sausage, baked beans, 2 fried eggs, skinny fries and grilled tomato.

SALADS

NEW Panzanella Salad (344 kcals) £9.95
Gem lettuce, olives, croutons, roast peppers, basil and parmesan.

Add Grilled Chicken (113 kcals) £3.00

Add Goats Cheese (279 kcals) £3.00

Add King Prawns (211 kcals) £3.00

V Vegetarian **VG** Vegan **GF** Gluten-Free

Our menu descriptions do not include all ingredients. If you have a food allergy, please speak to a member of our team before placing your order. We follow good hygiene practices in our busy kitchens, but unfortunately we cannot guarantee that any of our dishes are completely free of allergens. Fish dishes may contain small bones. Some items may contain traces of alcohol. Products are subject to availability. Prices include VAT.

The nutritional values provided are for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices. 2,000 calories a day is used for general nutritional advice, but calorie needs vary. Additional nutritional information available upon request.

LIDO DESSERTS

Local Sussex Brownie (689 kcals) £5.95
Served with Sussex vanilla ice cream and finished with Belgium chocolate sauce.

Cookie Dough & Ice Cream (862 kcals) £5.95
Warm gooey cookie dough topped with Sussex vanilla ice cream and chocolate sauce.

NEW Apple & Berry Crumble (354/403 kcals) £5.95
Served with vanilla custard or Sussex vanilla ice cream.

Vegan Sticky Toffee Pudding (469 kcals) £6.95
Served with rich vegan toffee sauce and vegan honeycomb ice cream.

Lemon Tart (364 kcals) £5.95
Served with a sweet berry compote.

NEW Chocolate & Cherry Torte (397 kcals) £6.95
Chocolate and cherry torte biscuit base, served with a cherry compote.

3 Scoops of Sussex Ice Creams £3.95
(Ask a Team member for calorie information)
Vanilla | Chocolate | Strawberry | Salted Caramel



CAFÉ LIDO

RESTAURANT & BAR

LIDO STARTERS

NEW King Prawns & Chorizo (690 kcals) £7.95
Fried with tomato, lemon and flat parsley, served with garlic toast.

Crispy Buttermilk Chicken Strips £6.95
(599 kcals) Served with a sweet chilli dipping sauce.

NEW Sweet & Sticky Pork Belly Bites (577 kcals) £6.95
Sweet and sticky pork belly bites with a soy, honey and sweet chilli sauce.

NEW Marinated Vegan Mozzarella Salad (VG) (248 kcals) £6.95
Marinated vegan mozzarella, olives and cherry tomato, served on a bed of mixed leaves topped with garlic croutons and a balsamic dressing.

NEW Sweet Potato Falafel (VG) (376 kcals) £6.95
Served with a lemon and mint yoghurt.

Calamari (538 kcals) £6.95
Lightly fried crispy coated calamari fried, served with pea shoots and a garlic aioli dip.

Honey BBQ Buttermilk Chicken Wings (732 kcals) £6.95
Chicken wings marinated in buttermilk, then dusted in a spicy flour and deep fried, finished in a honey BBQ sauce topped with spring onions.

LIDO SHARERS

Nachos Grande (V) (993 kcals) £10.95
House-made fried corn tortilla chips topped with nacho cheddar cheese sauce, tomato salsa, jalapeno peppers, guacamole and sour cream.

Add BBQ Pulled Pork (125 kcals) £3.45

Add 3 Bean Chilli (VG) (115 kcals) £3.45

LIDO FAVOURITES

NEW Baked Gnocchi (V) (904 kcals) £10.95
In a tomato & basil ragu with baby mozzarella and pesto served with garlic bread.

Add Chorizo (134 kcals) £3.00

Add Chicken (113 kcals) £3.00

Fish & Chips (865 kcals) £13.95
Freshly battered fish, chips, garden peas and tartare sauce.

Short Rib Mac & Cheese (1829 kcals) £14.95
Creamy mac & cheese with sticky slow-cooked short rib beef, topped with crispy onions and served with toasted garlic ciabatta.

NEW Southern Fried Chicken Schnitzel (1217 kcals) £13.95
Served with buttered mash, spring greens, gunpowder corn, and southern style chicken gravy.

Spicy Cajun Chicken Pasta (1356 kcals) £11.95
Cajun marinated chicken breast, cooked with cherry tomatoes and red peppers in a creamy sauce tossed with penne pasta, served with garlic bread.

Homemade Lasagne (1175 kcals) £12.95
Layers of pasta with bolognese and creamy béchamel, served with garlic bread.

NEW Vegan Spaghetti Carbonara (VG) (1142 kcals) £14.95
Vegan pancetta, portobello mushrooms and baby spinach served on a bed of spaghetti.

Chicken Katsu Curry (1074 kcals) £12.95
Crispy breaded chicken and an aromatic curry sauce, served with white rice, chilli and spring onion.

Steak & Ale Pie (1520 kcals) £13.95
Handmade local steak and ale pie filled with tender beef and vegetables cooked with local ale. Served with mashed potato and seasonal vegetables. Don't forget to ask if you'd like more gravy!

NEW Red Lentil & Chickpea Dahl Curry (VG) (730 kcals) £12.95
Served with steamed rice and a garlic and coriander naan.

LIDO BURGERS

Our burgers fresh from an award-winning butcher made with only the finest British beef. Our brioche buns are sourced from our local baker and handmade just for us.

Burgers will also have batavia lettuce, a thick slice of tomato, fresh skin-on fries and house slaw.

Cheese & Bacon (1243 kcals) £11.95
Tender flame-grilled 6oz burger with American cheese and streaky bacon.

Falafel & Spinach (VG) (909 kcals) £12.95
Falafel and spinach burger with sweet pickled red onions and minted yoghurt.

Beef Double Stack (1961 kcals) £17.95
Two 6oz flame-grilled burgers topped with Swiss cheese, onion jam and pickles. **Only for the brave!**

Fried Chicken Stack (1697 kcals) £16.95
Double-stacked fried chicken burgers with American cheese, streaky bacon and onion rings with BBQ sauce on the side.

Cajun Chicken Burger (1409 kcals) £12.95
Cajun marinated grilled chicken fillet, American cheese and a chilli and lime mayo.

Sticky Smokey Joe Burger (1442 kcals) £15.95
6oz Pattie, topped with sticky slow-cooked short rib beef, American cheese, garlic mayo and French-fried crispy onions.

Upgrade Sweet Potato Fries (510 kcals) £2.00

HANGING KEBABS

Hanging skewers filled with peppers, mushroom, onion and a choice of meat or cheese. Skewers are marinated in their own unique blend of seasoning and grilled to perfection.

Our hanging kebabs come with a choice of seasoned skin-on fries or spicy rice. Served under the kebab to catch the tasty marinade flavour.

Rump Steak (1408/1394 kcals) £15.95
With garlic & herb butter.

Grilled Chicken & Chorizo (1224/1210 kcals) £14.95
With a sweet chilli glaze.

NEW Lamb Kofta (1408/1394 kcals) £14.95
With harissa & garlic oil.

Grilled Greek Cheese (V) (1153/1139 kcals) £14.95
With a sticky lemon & black pepper glaze.

LIDO GRILL

Chicken & Sticky Pork Belly Bites Combo (GF) (1491 kcals) £15.95
Sweet sticky pork belly bites and a grilled chicken breast served with skin-on fries, corn on the cob and in-house slaw.

Hunters Chicken Melt (GF) (1199 kcals) £12.95
Grilled BBQ chicken breast topped with bacon, barbecue sauce and melted cheese served with chips and in-house slaw.

Maple Glazed Gammon Steak (GF) (873/849 kcals) £12.95
Gammon steak with either a fried egg or pineapple, served with chips and peas.

10oz Rump Steak 28-Day Aged (GF) (957 kcals) £16.95
Served with chips, mushroom and half a grilled tomato.

Add Peppercorn Sauce (205 kcals) £2.45

Add Blue Cheese Sauce (274 kcals) £2.45

Add Chimichurri Butter (155 kcals) £2.45

LIDO SIDES

Dirty Fries (GF) (726 kcals) £6.95
Skin-on fries smothered in cheese sauce, spring onions and bacon bits.

Add Pulled Pork (129 kcals) £2.00

Burger Dirty Fries (1204 kcals) £8.95
Skin-on fries smothered in cheese sauce, crumbled burger patty, fried onions and burger sauce.

Garlic Bread (V) (569 kcals) £3.95

Garlic Bread & Cheese (V) (731 kcals) £4.95

Sweet Potato Fries (GF) (510 kcals) £4.95

Skin-On Fries (GF) (488 kcals) £3.95

Giant Onion Rings (499 kcals) £3.45

Mac & Cheese Pot (V) (696 kcals) £3.95

Chunky Chips (GF) (508 kcals) £3.95

Side Salad (VG) (71 kcals) £2.95
With Balsamic dressing.

SCAN ME
TO ORDER AT YOUR
TABLE



or online at: sealbayresort.co.uk/online-ordering