

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, WHOLEMEAL,
GLUTEN FREE BREAD OR TORTILLA WRAP

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

MATURE CHEDDAR & CHUTNEY* £5.50
Mature cheddar cheese with apple chutney.

TUNA AND CUCUMBER * £5.50
Tuna in light mayonnaise with sliced cucumber.

ROAST HAM AND TOMATO* £5.75
Roast ham with vine tomatoes.

EGG MAYONNAISE* £5.50
Free range egg in light mayonnaise with vine tomatoes.

SMOKED SALMON & CREAM CHEESE £6.50
Finest smoked salmon and light cream cheese.

PRAWN MAYONNAISE £6.50
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 £7.50
Roasted ham with mature cheddar cheese.

THE DC CLUB SANDWICH £7.50
Triple decker toasted sandwich with chicken, bacon, tomato, lettuce, and mayonnaise.

SPICY CHICKEN FAJITA WRAP £7.50
With jalapeños, tomato salsa, avocado and sour cream.

FISH FINGER SANDWICH £7.00
Three large crispy cod fish fingers with tartar sauce.

TUNA MELT BAGUETTE £7.50
Tuna in light mayonnaise with melted mature cheddar.

PHILLY CHEESESTEAK £7.50
Fried steak strips, roast peppers, red onion and melted cheddar in a crusty baguette.

LEAVES & GRAINS

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

GREEK HOUMOUS (VE) £7.50
Flat bread, roast beetroot, olives, fresh salad and balsamic glaze.

SUPER SALAD (VE) £7.00
Israeli couscous with chickpeas, sultanas, apricots, red peppers and spices in a chilli & herb dressing.

ADD SLICED CHICKEN BREAST £2.50

SMOKED SALMON SALAD £8.95
Flaked smoked salmon, beetroot, mixed leaves, croutons and citrus dressing.

CHICKEN CAESAR SALAD £8.50
Chicken breast, caesar dressing, croutons, shaved parmesan cheese.

OVEN BAKED Jacket Potatoes

ALL SERVED WITH FRESH SIDE SALAD

CHEDDAR CHEESE £7.00

PRAWN MAYO £7.50

BAKED BEANS £7.00

BEEF CHILLI £7.50

FIVE BEAN CHILLI (VE) £7.50

TUNA MAYO £7.00

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
- ONION RINGS £3.00

Children's

ALL CHILDREN'S MEALS COME WITH CHOICE OF FRIES, 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.
- VANILLA ICE CREAM £3.00
With chocolate sauce and 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.

Active Afternoons

Monday to Friday,
1-3pm

90 minutes in soft play area.

Juice and a healthy snack.

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.healthylarlington.co.uk

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