

## BAPS & BAGUETTES

*All served with chips and salad*

|   |        |
|---|--------|
| Carved Ham & Coleslaw                               | £9.95  |
| Tuna Mayo & Sweetcorn                               | £8.95  |
| Cheese Savoury <span style="color: green;">V</span> | £8.95  |
| Tuna & Cheese Melt                                  | £8.95  |
| Prawn & Cucumber                                    | £10.95 |
| Chicken, Bacon & Cheese Melt                        | £10.95 |

### Hot

## BAPS & BAGUETTES

*All served with chips & gravy*

|                         |        |
|-------------------------|--------|
| Hot Beef                | £10.95 |
| Steak, Mushroom & Onion | £11.95 |
| Sausage & Onion         | £10.95 |

## CIABATTAS

*Served with chips & salad*

|                      |        |
|----------------------|--------|
| Fish Finger          | £9.95  |
| Creamy Cajun Chicken | £10.95 |
| Add Cheese           | £1.00  |

## WRAPS

*Served with chips & salad*

|                 |        |
|-----------------|--------|
| BBQ Pulled Pork | £9.95  |
| Cajun Chicken   | £10.95 |
| Add Cheese      | £1.00  |

## PANINIS £9.95

*Served with chips & salad*  
Cheese & Tomato V

Ham & Cheese

Garlic Chicken, Peppers, Mushroom & Cheese  
Pepperoni and Cheese V  
Cheese & Onion V

## Jacket POTATOES

*All served with salad*

|   |       |
|---|-------|
| Tuna Mayo & Sweetcorn   | £7.95 |
| Cheese or Cheese Savoury <span style="color: green;">V</span> | £7.95 |
| Cheese & Beans <span style="color: green;">V</span>           | £7.95 |
| Prawn   | £9.95 |
| Hot Chilli Con Carne  | £9.95 |

## VEGETARIAN Dishes

|   |        |
|---|--------|
| Cheese & Broccoli Pasta Bake <span style="color: green;">V</span> | £10.95 |
| Served with garlic bread & salad                                  |        |
| Vegetable Curry <span style="color: green;">V</span>              | £10.95 |
| Served with rice or chips, or try half and half                   |        |
| Pasta with Cream & Mushroom <span style="color: green;">V</span>  | £9.95  |
| Served with garlic bread & salad                                  |        |

## VEGAN Dishes

|  |        |
|--|--------|
| Vegan Bangkok Bad Boy Burger <span style="color: green;">VG</span>       | £10.95 |
| Moving Mountain Burger with Cheese <span style="color: green;">VG</span> | £10.95 |
| Served with chips & salad  |        |
| Mediterranean Vegetable Tart <span style="color: green;">VG</span>       | £10.95 |
| Served with boiled potatoes and vegetables                               |        |

*Please ask our staff for a choice of desserts*

*Ask a member of staff to see our full gluten free menu*

All prices are inclusive of VAT. Guests concerned about the presence of allergens in our food are welcome to ask a member of the team for assistance before ordering.  
V Suitable for vegetarians. VG Suitable for vegans. All weights of our meat are approximate uncooked. All meals may contain nuts or nut derivatives. Fish may contain small bones. All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients.



## THE KEEL ROW

*The Herron family welcome you  
to our family run  
Pub & Restaurant*






## MENU

Foreman's Row, Seaton Delaval, Whitley Bay, Tyne & Wear NE25 0QG

Telephone: 0191 2370060 [www.thekeelrow.com](http://www.thekeelrow.com)



## STARTERS

|   |        |
|---|--------|
| <b>Smooth Brussels Pâté</b>   | £7.95  |
| Served with caramelised onion and toasted ciabatta  |        |
| <b>Homemade Soup of the Day</b>   | £5.95  |
| Served with bread and butter  |        |
| <b>Creamy Garlic Mushrooms</b>         | £6.95  |
| Garnished with salad  |        |
| <b>Traditional Prawn Salad</b>  | £7.95  |
| <b>Potato Skins</b>                    | £5.95  |
| Garnished with salad and garlic mayo  |        |
| <b>Garlic Bread (3 slices)</b>         | £4.95  |
| Garnished with salad  |        |
| <b>Garlic Cheese Bread (3 slices)</b>  | £5.95  |
| Garnished with salad  |        |
| <b>Cheesy Nachos</b>                   | £8.95  |
| Served with jalapenos and dips of guacamole, salsa & sour cream   |        |
| <b>Hot Chilli Cheese Nachos</b>   | £10.95 |
| Served with jalapenos and dips of guacamole, salsa & sour cream   |        |

## Sharing Platter £14.95

Perfect for sharing or a main course for one!

Nachos, jalapenos, garlic bread, breaded mushrooms, potato wedges, chicken goujons, onion rings and corn on the cob

## SALADS

*All served with a jacket potato, bread, cheese & coleslaw*

|  |        |
|--|--------|
| <b>Ham &amp; Pineapple</b>                   | £11.95 |
| <b>Cold Chicken Breast &amp; Diced Bacon</b> | £11.95 |
| <b>Prawn &amp; Cucumber</b>                  | £11.95 |
| <b>Ham Ploughman's Lunch</b>                 | £13.95 |
| (ask for vegetarian option)                  |        |

## Traditional PUB CLASSICS

|   |        |
|---|--------|
| <b>All Day Breakfast</b>  | £9.95  |
| <b>Liver, Onion &amp; Bacon</b>   | £10.95 |
| Served with chips, jacket or boiled potatoes and vegetables   |        |
| <b>Homemade Lasagne</b>   | £11.95 |
| Served with garlic bread and salad  |        |
| <b>Why not add a bowl of chips for £3</b>   |        |
| <b>Mince &amp; Dumplings</b>  | £10.95 |
| Served with chips, jacket or boiled potatoes and vegetables   |        |
| <b>Roast of the Day</b>   | £9.95  |
| <b>Bangers &amp; Mash</b>   | £9.95  |
| Served with vegetables and gravy  |        |
| <b>Cod &amp; Chips</b>  | £13.95 |
| Served with a choice of mushy peas or garden peas and side salad  |        |
| <b>Scampi &amp; Chips</b>   | £11.95 |
| Served with a choice of mushy peas or garden peas and side salad  |        |
| <b>Omelette</b>    | £9.95  |
| Your choice of 3 fillings, served with chips and salad  |        |
| <b>Carved Ham, Double Egg &amp; Chips</b>   | £9.95  |
| <b>Chicken Swiss</b>  | £13.95 |
| Pieces of chicken fillet, diced home-cooked ham, cooked in a garlic and white wine sauce and topped with a layer of cheese. Served with chips, jacket or boiled potatoes and vegetables |        |
| <b>Hunters Chicken</b>  | £13.95 |
| Chicken breast wrapped in bacon and topped with a layer of cheese in BBQ sauce, served with chips, jacket or boiled potatoes and salad or vegetables                                    |        |

## HOT & SPICY

### Classics

*All served with either rice or chips, or try half and half*

|   |        |
|---|--------|
| <b>MILD Chinese Chicken Curry</b>                 | £12.95 |
| Made with mushrooms and onions                    |        |
| <b>MILD Salt &amp; Pepper Battered Chicken</b>    | £13.95 |
| Served with egg fried rice, chips and curry sauce |        |
| <b>HOT Chilli Con Carne</b>                       | £12.95 |
| <b>HOT Thai Green Chicken Curry</b>               | £13.95 |
| Made with peppers, onions & mushrooms             |        |

## Homemade PIES

*All pies are served with either chips, jacket or boiled potatoes and vegetables and with a puff pastry lid*

|   |        |
|---|--------|
| <b>Steak &amp; Ale Pie</b>                                  | £10.95 |
| Puff pastry lid, tender chunks of steak cooked in ale gravy |        |
| <b>Corned Beef &amp; Potato Pie</b>                         | £10.95 |
| <b>Mince &amp; Onion Pie</b>                                | £10.95 |
| <b>Traditional Fish Pie</b>                                 | £12.95 |

## BURGERS

*All served with chips & salad*

|   |        |
|---|--------|
| <b>Cheese &amp; Bacon Quarter Pounder Burger</b>                            | £10.95 |
| <b>Why not add BBQ pulled pork for an extra £3</b>                          |        |
| <b>Chicken Burger</b>   | £11.95 |
| Served with bacon, cheese   |        |
| <b>Mexican Chilli Burger</b>  | £13.95 |
| Quarter pounder burger topped with hot chilli con carne, jalapenos & cheese |        |
| <b>Keel Row Breakfast Burger</b>  | £12.95 |
| Quarter pounder burger with sausage, bacon, egg, mushrooms & cheese         |        |

## Sides

|   |       |
|---|-------|
| <b>Jug of Curry Sauce</b>     | £3.50 |
| <b>Bowl of Chips</b>         | £3.50 |
| <b>Cheesy Chips</b>          | £4.00 |
| <b>Homemade Onion Rings</b>  | £4.00 |
| <b>Breaded Onion Rings</b>   | £4.00 |
| <b>Pot of Coleslaw</b>       | £1.50 |

## Try our famous STEAK on the STONE

*First in Northumberland  
Book to cook your own fillet steak  
on a hot granite stone - to your own liking!*

Includes:

**FREE Starter of either Garlic Bread or Pâté**

**8oz Fillet Steak**

Served with homemade chips or a jacket potato, onion rings & mushrooms or side salad

## STEAKS & GRILL



*All of our steaks are available on our hot sizzling dishes*

**8oz Rump Steak** £15.95

**8oz Sirloin Steak** £16.95

*Choose your sides*  
Chips, Jacket, Boiled Potatoes & Salad or Vegetables

*Why not add an extra :*

|                             |   |
|-----------------------------|---|
| <b>Peppercorn Sauce</b>     | £3.50   |
| <b>Diane Sauce</b>          | £3.50   |
| <b>Garlic King Prawns</b>   | £4.95   |
| <b>Breaded Onion Rings</b>  |  £4.00 |
| <b>Battered Onion Rings</b> |  £4.00 |

## Keel Row

**Mixed Grill** £17.95

4oz Rump steak, sausage, gammon, pork chop and fried egg served on a bed of fried onions with mushrooms, chips & breaded onion rings

**10oz Gammon Steak** £13.95

Served with a fried egg or pineapple

**Full Rack of Ribs** £15.95

Smothered in BBQ sauce, served with potato wedges or chips and salad

**Grilled Pork Chop** £12.95

with mushrooms, onions and gravy

**Sizzling Mexican Chicken Fajitas** £17.95

Cooked with peppers & onions, served with tortilla wraps, lettuce, cheese and dips of salsa, guacamole & sour cream

## SIZZLING SHANGHAI

**Mixed Platter** £17.95

Pieces of chicken, strips of beef and King prawns cooked in hoisin sauce. Served on a bed of spring onions, pineapple with chips & rice

Pre-order only  
£35.00