

BAPS & BAGUETTES

All served with chips and salad

Carved Ham & Coleslaw	£9.95
Tuna Mayo & Sweetcorn	£8.95
Cheese Savoury	£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

<i>Served with chips & salad</i>	
Fish Finger	£9.95
Creamy Cajun Chicken	£10.95
Add Cheese £1.00	

WRAPS

<i>Served with chips & salad</i>	
BBQ Pulled Pork	£9.95
Cajun Chicken	£10.95
Add Cheese £1.00	

PANINIS £9.95

<i>Served with chips & salad</i>	
Cheese & Tomato	£9.95
Ham & Cheese	
Garlic Chicken, Peppers, Mushroom & Cheese	
Pepperoni and Cheese	£9.95
Cheese & Onion	

Jacket POTATOES

All served with salad

Tuna Mayo & Sweetcorn	£7.95
Cheese or Cheese Savoury	£7.95
Cheese & Beans	£7.95
Prawn	£9.95
Hot Chilli Con Carne	£9.95

VEGETARIAN Dishes

Cheese & Broccoli Pasta Bake	£10.95
Served with garlic bread & salad	
Vegetable Curry	£10.95
Served with rice or chips, or try half and half	
Pasta with Cream & Mushroom	£9.95
Served with garlic bread & salad	

VEGAN Dishes

Vegan Bangkok Bad Boy Burger	£10.95
Moving Mountain Burger with Cheese	£10.95
Served with chips & salad	
Mediterranean Vegetable Tart	£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

STARTERS

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

Ham & Pineapple	£11.95
Cold Chicken Breast & Diced Bacon	£11.95
Prawn & Cucumber	£11.95
Ham Ploughman's Lunch	£13.95 (ask for vegetarian option)

Traditional PUB CLASSICS

All Day Breakfast	£9.95
Liver, Onion & Bacon	£10.95
Served with chips, jacket or boiled potatoes and vegetables	
Homemade Lasagne	£11.95
Served with garlic bread and salad	
Why not add a bowl of chips for £3	
Mince & Dumplings	£10.95
Served with chips, jacket or boiled potatoes and vegetables	
Roast of the Day	£9.95
Bangers & Mash	£9.95
Served with vegetables and gravy	
Cod & Chips	£13.95
Served with a choice of mushy peas or garden peas and side salad	
Scampi & Chips	£11.95
Served with a choice of mushy peas or garden peas and side salad	
Omelette V	£9.95
Your choice of 3 fillings, served with chips and salad	
Carved Ham, Double Egg & Chips	£9.95

Chicken Swiss	£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	
Hunters Chicken	£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

MILD Chinese Chicken Curry	£12.95
Made with mushrooms and onions	
MILD Salt & Pepper Battered Chicken	£13.95
Served with egg fried rice, chips and curry sauce	
HOT Chilli Con Carne	£12.95
HOT Thai Green Chicken Curry	£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

Steak & Ale Pie	£10.95
Puff pastry lid, tender chunks of steak cooked in ale gravy	
Corned Beef & Potato Pie	£10.95
Mince & Onion Pie	£10.95
Traditional Fish Pie	£12.95

BURGERS

All served with chips & salad

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

Sides

Jug of Curry Sauce V	£3.50
Bowl of Chips V	£3.50
Cheesy Chips V	£4.00
Homemade Onion Rings V	£4.00
Breaded Onion Rings V	£4.00
Pot of Coleslaw V	£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

Pre-order only
£35.00

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 :

Peppercorn Sauce	£3.50
Diane Sauce	£3.50
Garlic King Prawns	£4.95
Breaded Onion Rings	V £4.00
Battered Onion Rings	V £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