BAPS & BAGUETTES

11:30am - 6:30pm

All served with chips and salad

Carved Ham & Coleslaw £7.95

Cheese Savoury (V) £6.95

Tuna Mayo & Sweetcorn £6.95

Tuna & Cheese Melt £6.95

Prawn & Cucumber £8.95

Hot BAPS & BAGUETTES

All served with chips & gravy

Hot Beef £8.95

Steak, Mushroom & Onion in Gravy £9.95

Sausage & Onion £8.95

Chicken, Bacon & Cheese Melt - Served with chips and salad £7.95

CIABATTAS

11:30am - 6:30pm

Served with chips & salad

Fish Finger with Tartar Sauce £7.95

Creamy Cajun Chicken £8.95

WRAPS

Served with chips & salad

BBQ Pulled Pork £7.95

Cajun Chicken £8.95

Add Cheese £1.00

PANINIS £7.95

Served with chips & salad

Ham & Cheese (V)

Cheese & Tomato

Garlic Chicken, Peppers, Mushroom & Cheese

Pepperoni, Peppers and Cheese

Cheese & Onion (V)

Jacket POTATOES

12.00 - 6.30pm

All served with salad

Tuna Mayo & Sweetcorn £5.95

Cheese or Cheese Savoury (V) £5.95

Cheese & Beans (V) £5.95

Prawn £7.95

Hot Chilli Con Carne £7.95

VEGETARIAN Dishes

Cheese & Broccoli Pasta Bake (V) £8.95
Served with garlic bread & salad

Vegetable Curry (V) £7.95
Served with rice or chips, or try half and half

Pasta with Cream & Mushroom (V) £7.95
Served with garlic bread & salad

VEGAN Dishes

Vegan Bangkok Bad Boy Burger (VG) £8.95

Moving Mountain Burger with Cheese
Served with chips & salad (VG) £9.95

Vegan Penang Curry
Served with rice & chips £9.95

Mediterranean Vegetable Tart (VG) Served with boiled potatoes and vegetables £8.95

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.

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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 £5.95
Served with caramelised onion and toasted ciabatta

Homemade Soup of the Day £3.95
Served with bread and butter

Creamy Garlic Mushrooms V £4.95
Garnished with salad

Traditional Prawn Salad £6.95

Potato Skins V £3.95
Garnished with salad and garlic mayo

Garlic Bread (3 slices) V £3.75
Garnished with salad

Garlic Cheese Bread (3 slices) V £3.95
Garnished with salad

Cheesy Nachos V £6.95
Served with jalapenos and dips of guacamole, salsa & sour cream

Hot Chilli Cheese Nachos £8.95
Served with jalapenos and dips of guacamole, salsa & sour cream

Sharing Platter £12.95

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 £9.95

Cold Chicken Breast & Diced Bacon £9.95

Prawn & Cucumber £9.95

Ploughman's Lunch £10.95

Traditional PUB CLASSICS

All Day Breakfast £7.95

Liver, Onion & Bacon £8.95
Served with chips, jacket or boiled potatoes and vegetables

Homemade Lasagne £9.95
Served with garlic bread and salad
Why not add a bowl of chips for £2

Mince & Dumplings £8.95
Served with chips, jacket or boiled potatoes and vegetables

Roast of the Day £7.95

Bangers & Mash £8.95
Served with vegetables and gravy

Cod & Chips £11.95
Served with a choice of mushy peas or garden peas and side salad

Scampi & Chips £9.95
Served with a choice of mushy peas or garden peas and side salad

Omelette V £7.95
Your choice of 3 fillings, served with chips and salad

Carved Ham, Double Egg & Chips £7.95

Chicken Swiss £10.95
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 £10.95
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 £9.95
Made with mushrooms and onions

HOT Chilli Con Carne £9.95

HOT Thai Green Chicken Curry £10.95
Made with peppers and onions

Homemade PIES

All pies are served with either chips, jacket or boiled potatoes and vegetables

Steak & Ale Pie £8.95
Puff pastry lid, tender chunks of steak cooked in ale gravy

Corned Beef & Potato Pie £8.95

Mince & Onion Pie £8.95

Traditional Fish Pie £9.95

BURGERS

All served with chips & salad

Cheese & Bacon Quarter Pounder Burger £8.95
Why not add BBQ pulled pork for an extra £2

Chicken Burger £9.95
Served with bacon, cheese, lettuce & tomato

Mexican Chilli Burger £10.95
Quarter pounder burger topped with hot chilli con carne, jalapenos & cheese

Keel Row Breakfast Burger £10.95
Quarter pounder burger with sausage, bacon, egg, mushrooms & cheese

Sides

Bowl Chips V £3.00
Cheesy Chips V £3.50
Homemade Onion Rings V £3.00
Breaded Onion Rings V £3.00
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!

Pre-order only £26.00

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 £12.95

8oz Rib-eye Steak £13.95

8oz Sirloin Steak £14.95

Choose your sides

Chips, Jacket or Boiled Potatoes & Salad or Vegetables

Why not add an extra :
Peppercorn Sauce £2.95
Diane Sauce £2.95
Garlic King Prawns £3.95

Breaded Onion Rings £3.00 V

Homemade Battered Onion Rings £3.00 V

Keel Row

Mixed Grill £15.95
5oz Rump steak, sausage, gammon, pork chop and fried egg served on a bed of friend onions with mushrooms, chips & breaded onion rings

10oz Gammon Steak £11.95
Served with a fried egg or pineapple

Full Rack of Ribs £14.95
Smothered in BBQ sauce, served with potato wedges or chips and salad

Grilled Pork Chop £9.95

Sizzling Mexican Chicken Fajitas £15.95
Cooked with peppers & onions, served with 3 tortilla wraps, lettuce, cheese and dips of salsa, guacamole & sour cream

SIZZLING SHANGHAI

Mixed Platter £15.95
Pieces of chicken, strips of beef and King prawns cooked in hoisin sauce, served on a bed of spring onions and pineapple with chips & rice