



Sea Beach
BAR & RESTAURANT



MENU

ENTRÉES

Spring Rolls -----	450
(4 pieces of assorted vegetables in spring roll pastry and deep-fried)	
Crispy Calamari -----	450
(Squid rings coated in flour batter and deep fried, served with garlic mayo)	
Coated Chicken Wings -----	450
(Deep fried crispy and tender served with a sweet chilli dip)	
Lemon Charred Chicken Wings -----	550
(Chicken wings grilled and served with a tamarind sauce)	
Hummus with Meat -----	450
(Beef mince flavoured with onion, garlic, allspice, cumin, and coriander, then served with fresh herbs and pita bread on Hummus)	

SALADS

Mama's Salad -----	650
(Lettuce, peppers, shredded carrots, cucumber, tomatoes, boiled egg, (your choice of either shrimp, steak, chicken) drizzled with your choice of either ranch or balsamic dressing)	
Fisherman's Pasta salad (BIG BOWL) -----	750
(Sauteed butterfish & prawns on a bed of penne pasta, lettuce and salsa verde)	
Greek Salad -----	550
(Lettuce, feta cheese, olives, onions, tomato, cucumber, eggs and a honey mustard dressing)	

SOUP

Fire Roasted Tomato Bisque -----	400
House-made, creamy and rich	
Vegetable Soup -----	350
Thai chicken and prawn soup -----	450

Extra sides: Salad : D250 | Fries: D250
 Fried Plantains : D250 | Sauteed Vegetables: D250

SANDWICHES AND BURGERS

SERVED FROM 12:30 - 16:00

Gambian Chicken Wrap----- 550

(Chicken, lettuce, tomatoes, cucumbers, cheddar cheese, mayo in a tortilla wrap)

Beef Panini ----- 550

(Pan-grilled beef with assorted bell peppers, caramelized onion and cheddar cheese)

Vegetarian Panini ----- 550

(A flavorful sandwich layered with grilled eggplant and sautéed vegetables)

Shrimp Peri-Peri Gambian Style----- 600

(Peri-peri prawns sauteed with onions and bell peppers, topped with Dijon mustard and chili)

Classic cheeseburger ----- 550

(Beef patty topped with cheese, lettuce, tomato, and pickles)

Double Cheeseburger ----- 600

(Double beef patty topped with cheese, lettuce, tomato and pickles)

SeaBeach Burger ----- 750

(Beef patty topped with succulent grilled shrimp and cheddar cheese)

Bacon and Blue Cheese Burger ----- 650

(Beef patty topped with caramelized onions, bacon strips, blue cheese, and roasted garlic aioli)

All sandwiches and burgers are served with crispy fries

Extra sides: Salad : D250 | Fries: D250

Fried Plantains : D250 | Sauteed Vegetables: D250

MAIN COURSE

Catch of the day----- 800
(Whole grilled fish and served with either French fries or Basmati rice and a side salad)

Fish in Foil ----- 800
(Butterfish seasoned with ginger, garlic, and onions placed on a layer of chopped potatoes wrapped in foil and baked)

Golden Breaded Shrimp ----- 750
(Battered and fried to golden perfection, served with french fries and a garden salad)

Chef's Prawn Curry ----- 750
(Indian curry cooked with fresh prawns, onion, tomatoes and spices served with white Jasmine rice)

Grilled Seafood Platter ----- 4000
(Grilled tiger prawns, calamari and fish served with a lemon butter sauce, plantains and stir-fried rice)

Chicken and Chips----- 700
(Marinated half chicken served with garden salad and chips)

Beef Medallions ----- 1100
(Served with grilled seasonal vegetables, cajun chips and chimichurri sauce)

Grilled Beef fillet & Chicken ----- 1500
(Beef and chicken leg with peppercorn sauce and seasonal vegetables, served with your choice of cajun-seasoned potatoes or french fries)

Extra sides: Salad: D250 | Fries: D250

Fried Plantains : D250 | Sauteed Vegetables: D250

GAMBIAN DISHES. - D800

(SERVED FROM 12:30 - 16:00)

Chicken Yassa

(Delicious tender chicken with lots of caramelized onion in a spicy lemon sauce served with rice)

Beef Damoda

(Sauteed beef cooked in a delicious peanut sauce served with jasmine white rice)

Chicken or Fish Benachin

(Rice, vegetables, and chicken/fish all cooked together in one pot)

PASTA

Spaghetti with meatballs ----- 650

(Meatballs in spicy tomato sauce served with spaghetti pasta)

Chicken Alfredo----- 850

(Penne with creamy béchamel sauce, chicken or prawn, mushroom and parmesan cheese)

Fishermans Penne ----- 850

(Penne Pasta tossed in a rich tomato sauce with shrimp and fish)

WOK NOODLES

Choice of main ingredient

Vegetable----- 550

Chicken----- 600

Beef----- 650

Prawn----- 700

Combination of any 2 ----- 750

Sauteed with :

Mushroom, assorted bell peppers, onions, garlic, carrot & green onions in a soya and sesame oil.

Extra sides: Salad : D250 | Fries: D250

Fried Plantains : D250 | Sauteed Vegetables: D250

IF YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS OR ALLERGIES PLEASE LET US KNOW AND WE WILL MAKE YOU AWARE OF ANY FOODS TO AVOID AND TRY TO ACCOMMODATE YOUR NEED.

PIZZA

Margherita -----	550
(Simple Napolitano sauce topped with mozzarella cheese)	
Neapolitan -----	550
(With olives, tomatoes and Mozzarella cheese)	
Vegetarian -----	550
(Sweet pepper, onions, sweetcorn, mushrooms, olives and tomatoes)	
Chicken -----	650
(Chicken, sweet corn, sweet pepper, onions, tomatoes)	
Beef -----	650
(Beef, sweet pepper, sweet corn, onions, tomatoes)	
Seafood -----	750
(prawns, sweet pepper, sweet corn, onions, tomatoes)	
 Hawaiian Sizzler -----	650
(Pizza sauce, jalapeños, chili flakes, cheese, Ham, and pineapple)	
 SEABEACH Special -----	800
(Spicy beef, prawns, chicken, chili flakes, peppers, onions, tomatoes)	

DESSERT

Seasonal Fruit Plate -----	350
Crispy Belgian Waffles -----	450
(served with vanilla ice-cream and chocolate sauce)	
Seafront Pancake stack -----	450
Classic pancake stack with syrup	
Selection of ice-cream -----	350
(2 scoops of your choice, choose from chocolate, strawberry and vanilla ice-cream)	