

CAFÉ LIDO

# tasty

ALL YOUR FAVOURITE DISHES

BANGING BURGERS

Sizzling Hot Skillets



Leave room  
for dessert!



# WELCOME

## CAFÉ LIDO

We're often asked how we make our food taste so good, and the answer's simple: we keep things honest.

The best ingredients, cooked with care and served with pride.

No fuss, no shortcuts - just proper food made to be shared and enjoyed together. So take your time, relax, and enjoy good food and good company in our feel-good café at the heart of Seal Bay.

Keep an eye out for our highlighted dishes, they're our Chef's top choice!

## Starters

**NEW** Sweet Chilli & Lime Sautéed King Prawns **GF** 395kcal 8.95  
Avocado, chilli & coriander dressing, served with warm soft corn tacos.

Crispy Buttermilk Chicken Strips 462kcal 7.95  
Served with a sweet chilli dipping sauce.

**NEW** Sticky Pork Belly Bites **GF** 466kcal 8.95  
Tossed in soy, lime & hot honey, topped with pickled red onions, chilli & sesame seeds.

**NEW** Creamy Garlic Mushrooms **Vg** 363kcal 7.95  
Cooked in white wine, on toasted Scrocchiarella sourdough and chilli flakes.

**NEW** Battered Calamari Rings 440kcal 7.95  
Dusted with lemon pepper, served with a smoky roast pepper dipping sauce.

**NEW** Oyster Mushroom Satay Skewers **Vg GF** 345kcal 7.95  
Satay peanut sauce with an Asian cucumber salad.

Honey BBQ Chicken Wings 784kcal 8.95  
Chicken wings in a crunchy coating, tossed in a honey BBQ sauce, topped with spring onions and chillies.

## Sharers

Nachos Grande 1,146kcal 12.95  
Tortilla chips topped with nacho cheese sauce, tomato salsa, jalapeño peppers, guacamole and sour cream.

**ADD:**  
**NEW** Chicken Satay 239kcal 3.95

**NEW** Mushroom Chilli Ragu 218kcal 3.95



8oz Rump Steak

## Lido Grill

Chicken & Sticky Pork Belly Bites Combo **GF** 1,113kcal 18.95  
Sticky pork belly bites tossed in soy, lime & hot honey, with a grilled chicken breast served alongside skin-on fries, corn on the cob and in-house slaw.

Hunters Chicken Melt **GF** 1,134kcal 14.95  
Grilled chicken breast topped with bacon, BBQ sauce and melted cheese served with chips and in-house slaw.

Maple-Glazed Gammon Steak **GF** 721/716kcal 14.95  
Gammon steak served with a fried egg or pineapple, with chips and garden peas.

8oz Rump Steak 1,063kcal 18.95  
8oz rump steak cooked to your liking, served with chips, onion rings, mushroom and half a grilled tomato. Gluten free option available.

**ADD:**

- Peppercorn Sauce 2.45 201kcal
- Diane Sauce 2.45 306kcal
- Chimichurri Salsa 2.45 64kcal

## sides

Garlic Ciabatta **V** 571kcal 3.95

Garlic Ciabatta with Cheese **V** 733kcal 4.95

Skin-On Fries **V GF** 488kcal 3.95

Chunky Chips **V GF** 446kcal 3.95

Giant Onion Rings **V** 499kcal 4.95

Mac & Cheese Pot **V** 687kcal 4.95

Side Salad **Vg** 75kcal 3.95  
With balsamic dressing

Dirty Fries 792kcal 7.95

Skin-on fries with queso, spring onions and bacon bits.

**ADD:**

Sticky Pork Belly 202kcal 3.95

Burger Dirty Fries 1,342kcal 8.95

Skin-on fries with queso, crumbled burger patty, fried onions and burger sauce.



Chicken Satay Burger

# Burgers

Our burgers are fresh from an award-winning butcher made with only the finest British beef. Burgers are served in brioche buns with Batavia lettuce, tomato, fresh skin-on fries and in-house slaw.

**Cheese and Bacon Burger** 1,378kcal **14.95**

Tender flame-grilled 6oz burger with American cheese and streaky bacon. Gluten free option available.

**The Mighty Lido Double Stack Beef Burger** 2,116kcal **18.95**


Two 6oz flame-grilled burgers, streaky bacon, American cheese, onion rings and BBQ sauce.


**NEW Chicken Satay Burger** 1,363kcal **15.95**

Spiced, marinated grilled chicken breast with satay sauce and Asian cucumber salad. Gluten free option available.

**Fried Chicken Stack Burger** 1,637kcal **17.95**

Double-stacked buttermilk chicken fillet, with American cheese, streaky bacon, onion rings and BBQ sauce on the side.

**Meatless Farm Burger**  1,210kcal **14.95**

Meatless Farm Plant Based Burger with vegan cheese, tomato, sweet pickled red onions, pickles and vegan garlic mayo. 



Hot Skillets

Our hot skillets come out of the kitchen sizzling and smoking so you can enjoy the aromas as they are delivered to your table. Served with your choice of seasoned skin-on fries or spicy rice.

**NEW Sizzling Soy, Honey and Szechuan Rump Steak** 752/724kcal **18.95**

Rump steak with onions, peppers and mushrooms with a sticky soy, honey & Szechuan glaze.

**NEW Piri Piri Chicken** 1,017/989kcal **17.95**

Piri Piri marinated chicken breast with onions, peppers, mushrooms and spinach served with a smoky tomato sauce.

**NEW Lamb Merguez Meatballs** 1,243/1,232kcal **18.95**

Spiced lamb meatballs, smoky peppers, onions and mushrooms, served with a flatbread and lemon & pomegranate yoghurt.


**NEW Hot Honey Grilled Greek Cheese**  1,139/1,111kcal **17.95**

Grilled Greek cheese with onions, roasted peppers, mushrooms and spinach served with a sticky hot honey glaze.


# Hot Skillets

## SALADS

**NEW Healthy Poke Salad Bowl**   722kcal **12.95**

Spicy rice, wakame, smashed cucumber salad, avocado, sweet pickled red onions, carrot & sunflower seed salad, tomatoes, gem lettuce and sesame seeds, with a lime, chilli & maple syrup dressing. 

**ADD:**

- **Grilled Chicken 3.95** 243kcal
- **Grilled Greek Cheese 3.95**  455kcal
- **Garlic and Herb King Prawns 4.95** 179kcal

**Hot Crispy Crumbed Chicken Fillet Caesar Salad** 1,185kcal **14.95**

Baby gem lettuce, parmesan and croutons tossed in a Caesar dressing topped with a hot crispy crumb chicken fillet.



Grilled Chicken Poke Salad Bowl

# CAFÉ LIDO Favourites

**Fish and Chips** 908kcal **16.95**  
Freshly battered fish served with chips, garden peas and tartare sauce.

**NEW** **Firecracker Sweet & Sour Glazed Sticky Chicken** GF 821kcal **14.95**  
Glazed sticky chicken breast, steamed rice, Chinese mixed vegetables and sweet & sour sauce.

**Chicken Schnitzel** 951kcal **14.95**  
Southern fried chicken schnitzel served with buttered mash, seasonal greens, gunpowder corn and southern style chicken gravy.

**Homemade Lasagne** 1,160kcal **15.95**  
Layers of pasta with Bolognese and creamy béchamel, served with garlic ciabatta and a side salad.

**NEW** **Mushroom Chilli Ragu** Vg GF 772kcal **13.95**  
Chestnut mushroom & walnut chilli with penne rigate and spinach.

**NEW** **Chicken Tikka Alfredo Pasta** GF 968kcal **13.95**  
Chicken cooked with a blend of spices, cashew nuts and cream, tossed through penne rigate pasta for a creamy tikka-style twist.

**Chicken Katsu Curry** 1,060kcal **13.95**  
Aromatic curry sauce served over a breaded chicken breast on white rice, garnished with chilli, spring onion and sesame seeds.

**Steak and Ale Pie** 1,520kcal **15.95**  
Handmade local steak and ale pie filled with tender beef cooked with local ale. Served with mashed potato or chips, seasonal vegetables and gravy.

**NEW** **Lentil Moussaka** Vg 812kcal **14.95**  
Layers of aubergine, potato and spiced lentils with tomato, cumin and herbs, topped with a creamy vegan sauce. Served with garlic ciabatta and a fresh carrot & sunflower seed salad.



Sweet Chilli Chicken Wrap



Grilled Rump Steak Wrap

## Lunch

Served until 5pm

### Wraps

**Sweet Chilli Chicken Wrap** 1,206kcal **10.95**  
Buttermilk chicken goujons, grated Cheddar, lettuce, tomato with a sweet chilli & lime mayo and skin-on fries.

**NEW** **Grilled Rump Steak Wrap** 1,114kcal **12.95**  
Strips of rump steak, BBQ onions, nacho cheese drizzle, crispy onions and chimichurri salsa served with skin-on fries.

### Hot Toasted Sandwiches

**NEW** **Mozzarella, Sundried Tomato and Basil Pesto Sandwich** V 894kcal **9.95**  
On toasted Scrocchiarella sourdough served with skin-on fries.

**NEW** **Garlic Mushroom and Mozzarella Sandwich** Vg 734kcal **9.95**  
Hummus and spinach on toasted Scrocchiarella sourdough. Served with skin-on fries.

### Light Bites

**NEW** **Chicken Parmigiana** 1,022kcal **11.95**  
Breaded crispy chicken fillet with tomato & basil ragu, mac & cheese and Parmesan.

**NEW** **Soy, Honey & Szechuan Rump Steak** 969kcal **13.95**  
Wok fried noodles, firecracker sweet & sour sauce with toasted cashew nuts.

**Fish Butty** 944kcal **10.95**  
Battered fish goujons served in a brioche bun with lettuce, tartare sauce and skin-on fries.

**Half Day Breakfast** 1,068kcal **11.95**  
Two bacon, two sausages, two fried eggs, baked beans, grilled tomato and skin-on fries.



Homemade Lasagne and Firecracker Sweet & Sour Glazed Sticky Chicken







Soy, Honey & Szechuan Rump Steak



Raspberry Ripple  
and Lotus Biscoff®  
Ice Cream Sundaes





# Desserts




**Chocolate Brownie**  948kcal **7.95**  
Served with New Forest vanilla ice cream and finished with Belgian chocolate sauce. 



**NEW Toffee and Honeycomb Cheesecake**  775kcal **7.95**  
Cheesecake with toffee pieces and honeycomb on a biscuit base, served with toffee sauce and New Forest salted caramel ice cream. 

**Cookie Dough and Ice Cream**  861kcal **6.95**  
Warm gooey cookie dough topped with New Forest vanilla ice cream and Belgian chocolate sauce. 

**NEW Raspberry Ripple Ice Cream Sundae**  602kcal **8.95**  
New Forest white chocolate & raspberry ice cream, raspberry & white chocolate meringue, raspberry compote, whipped cream and Biscoff® crumbs topped with raspberry sauce. 

**NEW Lotus Biscoff® Ice Cream Sundae**  1,059kcal **8.95**  
New Forest Biscoff® ice cream with Biscoff® sauce, Biscoff® crumb, whipped cream and Lotus biscuit. 

**NEW Warm Salted Caramel & Chocolate Tart**   619kcal **7.95**  
Chocolate pastry case filled with salted caramel and chocolate ganache, with hazelnuts and New Forest vegan salted caramel ice cream. 

**Sticky Toffee Pudding**  472kcal **7.95**  
Served with rich vegan toffee sauce and New Forest vegan salted caramel ice cream. 

**Three Scoops of New Forest Ice Cream\***  **4.95**



**CHOOSE FROM:**  
Vanilla | Chocolate | Strawberry  
Salted Caramel | Raspberry Ripple

Vegan options available.

\*Ask a team member for calorie information



Scan here  
for allergen  
information

 Vegetarian  Vegan  Gluten-Free

Our menu descriptions do not include all ingredients. If you have a food allergy, please scan the QR code on this menu to view the allergens or speak to a member of our team before placing your order. We follow good hygiene practices in our busy kitchens, but unfortunately, we cannot guarantee that any of our dishes are completely free of allergens. Fish dishes may contain small bones. Products are subject to availability. Prices include VAT. The nutrition values provided are for each complete dish as listed on the menu. Figures are typical and may vary due to seasonal factors and chef practices. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Photography for illustrative purposes.



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