



Starters

Chicken Sliders/20

Three pan blackened cutlets with broiled blue cheese, served on toasted slider buns
add fries for \$5

Wings/19

All wings are marinated in our special seasonings and deep fried, then served with your choice of sauce
homemade buffalo • honey barbecue
• simply dry • thai

Chicken Nachos/21

Crisp corn tortillas topped with a sharp cheddar cheese mix, chicken, black olives, jalapenos, tomato salsa, sour cream, and scallions

Daily Entrees

Main Street Burger/21

Chargrilled Burger • maple pepper aioli • bacon • cheese • arugula • tomato • onion • fries
served open face on a Portugese bun

Blackened Chicken Salad/20

Spicy chicken • fresh spring mix • red and green peppers • cucumbers • tomatoes • black olives • tossed in a light honey mustard dressing and topped with crispy corn tortilla strips

Southwestern Chicken Salad/22

Mildly seasoned chicken • fresh spring mix • corn peppers • black beans • cucumber • avocado • black olives • cilantro • tomato salsa • cheddar • served with a lime vinaigrette and topped with avocado crema and corn tortilla strips

Fresh Beet and Goat Cheese Salad/19

Fresh beets • baby arugula • goat cheese • toasted walnuts • oranges • dried cranberries • red onion • served with a light orange vinaigrette

Philly Steak & Cheese/18

Traditional Philly Steak with grilled onion and peppers, topped with melted provolone cheese
add fries for \$5

Pizza

*All pizzas are served with freshly grated Parmigiano Reggiano per request.
Specialty pizzas below are served only as a large*

Margarita Pizza/21

Made with a mozzarella base, topped with Roma tomatoes & fresh basil

Meat Lovers/27

Made with our sweet homemade red sauce, topped with mozzarella, fresh beef, pepperoni, sausage, bacon, caramelized onions, peppers, and mushrooms

Build Your Own Pizza/20

Toppings/3

- Beef • Italian Sausage • Bacon
- Ham • Turkey • Green Peppers
- Red Peppers • Caramelized Onion
- Red Onion • Pepperoni • Mushrooms • Tomato
- Green Olives • Black Olives
- Artichoke Hearts • Pineapple

Blackened Chicken, Anchovies or Prosciutto/7.00

Sides

French fries – Sm/5 Lg/10

Side Salad/11

Macaroni and Cheese Bites/13

Broccoli Cheddar Bites/12

Thai Spring Rolls/13

Desserts & Ice Cream

from our Cafe

Carrot Cake/12

Chocolate Bourbon Walnut Brownie/8

Ice Cream/5

Vanilla Bean, Chocolate, Strawberry, Cookie Dough

Cafe Specials Daily

Visit our Cafe for fresh Cheesecake Flavors

Fresh Specials Daily! Take Out Available!

703 Main St. Harwich, MA 02645 • thesealpubandcafe.com • (508) 432-7298 •
Follow us on Instagram @[thesealharwich](https://www.instagram.com/thesealharwich) • 18% service charge will be added for parties of six or more.
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of foodborne illness, especially if you have certain medical conditions.

DRINKS ★★★



Draft Beer

Ask for Beer Specials

Zero Gravity Conehead IPA (5.7%) Burlington, VT	9.5
Jacks Abby Blood Orange Lager (4.0%) Framingham, MA	9.5
Kolsch Devil's Purse	9.5
Devil's Purse Stone Horse	10
Medusa Pilsner	9.5
Guinness	11

Ask about our seasonal Craft Beer

Wine

RED

Josh Cabernet North Coast, CA	10
Fabelist Pinot Noir Santa Barbara, CA	12.5

WHITE

Pinot Grigio	11.5
William Hill Chardonnay Central Coast, CA	11
Josh Chardonnay North Coast, CA	10
Josh Sauvignon Blanc North Coast, CA	10.5
Sonoma Cutrer Chardonnay	15
Kim Crawford Sauvignon Blanc	15

PINK & SPARKLING

Kylie Rose	11
Kylie Rose Prosecco	12.5
Prosecco Northern Italy	11

Bottles and Cans

Bud Light, Budweiser, Coors Light	6.5
Corona, Michelob Ultra Lite	7.25
High Noon	9
Fishers Island Lemonade	10
Heiniken Non-Alcoholic	7

Non-alcoholic

Coke, Diet Coke, Sprite, Gingerale,	5
Lemonade or Arnold Palmer	6
Polar Seltzer	5
Orange Juice, Cranberry Juice,	6
Apple Juice, Pineapple Juice, Milk	

Why are we called The Seal?

Once upon a time many years ago in Mobile, Alabama, there was a puppy who had no home. He was black with some spots, and a bit too skinny.

He spent his days and nights hanging around the local Krystal Burger, hoping for some scraps for dinner, and that maybe, just maybe, someone would finally take him home with them.

And then one day, they did.

During the rains and winds of a particularly nasty hurricane, a kind man saw this pup, rescued him, and gave him a new life in his home. He named him Bayou and brought him to Harwich and let him swim in the sea. When he swam, he looked like a seal, bobbing his head in and out of the water. He jumped like one, too.

Some time later, the man and his partners decided to open a restaurant in Harwich Center, but they needed a name for it. So they named it after their beloved pup, The Seal.



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