



APPETIZERS & SMALL BITES

Wings 22

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

Chicken Nachos 24

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

Thai Spring Rolls 15

Three delicate rolls stuffed with vegetables, fried to a golden crisp, and served with a zesty peanut sauce for dipping

Stuffed Quahaugs 16

Two fresh Cape Cod clams, stuffed with a savory blend of drawn butter and lemon, baked to perfection

SOUPS & SALADS

French Onion Soup 16

A hearty bowl of caramelized onions in a rich broth, topped with a toasted crouton and melted Gruyère cheese

Chicken Salad Sandwich 22

Tender roasted chicken mixed with mayonnaise, served on a croissant or a salad with lettuce and tomato

Fresh Beet & Goat Cheese Salad 20

Slices of ruby-red beets with creamy goat cheese, toasted walnuts, orange, and dried cranberries, drizzled with a light vinaigrette

Southwestern Chicken Salad 24

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

DESSERTS

from our Cafe

Carrot Cake 12

Chocolate Bourbon Walnut Brownie 9

Mocha Chocolate Cake 13

Ice Cream 6

Vanilla Bean, Chocolate, Strawberry, Cookie Dough

VISIT OUR CAFE FOR FRESH CHEESECAKE FLAVORS

MAIN COURSES

Main Street Burger 22

Char-grilled Burger, maple pepper aioli, bacon, cheese, arugula, tomato, onion, and fries - served open face on a Portuguese bun

Chicken Sliders 22

Three blackened chicken cutlets on toasted slider bun with blue cheese

Philly Steak & Cheese 20

Traditional Philly Steak with grilled onion and peppers, topped with melted provolone cheese

PIZZA

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

Margarita Pizza 22

Made with a mozzarella base, topped with Roma tomatoes and 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 22

Toppings x 2

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

SIDES

Hand Cut Fries Small 7 / Large 12

House Salad 14

FRESH SPECIALS DAILY! TAKE OUT AVAILABLE!



ON TAP

Sam's Summer	9.50
Jack's Abbey Citrus Wave	9.5
Allegash White	9.5
Kölsch Devil's Purse	9.75
Fiddlehead	10
Sip of Sunshine	10

ASK ABOUT OUR SEASONAL CRAFT BEER



BOTTLES & CANS

Bud Light, Budweiser, Coors Light	7
Corona, Michelob Ultra Lite	8
High Noon	9
Fishers Island Lemonade	10
Heiniken Non-Alcoholic	7
Guinness	9



NON-ALCOHOLIC DRINKS

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



WINE

RED

Josh Cabernet North Coast, CA	13
Sonoma-Cutrer Pinot Noir	15
Orrin Swift "Advice from John" Merlot	18
Pinot Project Pinot Noir	14

WHITE

Pinot Grigio	12
William Hill Chardonnay Central Coast, CA	14
Josh Chardonnay North Coast, CA	13
Josh Sauvignon Blanc North Coast, CA	12
Sonoma-Cutrer Chardonnay	16
Chalk Hill Chardonnay	13
Kim Crawford Sauvignon Blanc New Zealand	13

PINK SPARKLING

Prosecco Northern Italy	11
The Pale Rosé	12
LaMarca Prosecco	10

THE SEAL HISTORY

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 then one day, 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 on 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.



**ASK ABOUT OUR HOODIES AND T-SHIRTS FOR SALE.
HOMEMADE DOG BISCUITS FOR PURCHASE FOR YOUR FURRY FRIENDS!**

703 Main Street, Harwich, MA 02645 · thesealpubandcafe.com · (508) 432-7298

Follow us on Instagram @thesealharwich

18% service charge will be added for parties of six or more. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.