

u3a Lunch Bunch  
Friday 30<sup>th</sup> October 2026@ 12.15pm  
**Trawlers Fish and Chips,**  
**32 Church St. SEAFORD BN25 1LD**

5 minutes from Seaford Station or No. 12 bus

Inclusive Price with tip **Menu A £20 or Menu B £25**

**Pre-order in advance and pay in CASH.**

**Maximum 30 places available**



**The  
Lunch Bunch**

Main Courses

**Menu A £20**

- **Seaford Special:** Cod served with small chips and mixed salad
- **Omelette:** Mushroom and Tomato Omelette served with small chips and mixed salad (V)

**Menu B £25**

- **Grilled Seabass** served with small chips and mixed salad
- **Grilled Plaice Fillet** served with small chips and mixed salad

Desserts

- **Banana Split**
- **Fruit crumble and custard**
- **Lemon meringue pie with ice cream**

Tea, coffee, soft drinks, beer & wine are also sale.

**Please pay for your drinks when you order them.**

\*We are in a Private Room at the back and up a few steps.

\*\*Please note the toilets are down steep stairs in the basement.

Otherwise, public toilets 3 minutes away.\*\*

Last day for orders and payment: **Friday 16<sup>th</sup> October 2026**

----- Please cut off the slip below -----

**Trawlers Friday 30<sup>th</sup> October 2026 @ 12.15pm**

Name: .....

Phone No. or email: .....

**MENU A (£20) or MENU B (£25)**

Main Course: .....

Dessert: .....

**Total price £.....**