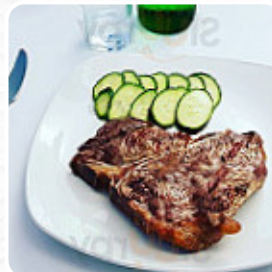




Selmos Menu

<https://menulist.menu>
8 Church St, Newham, United Kingdom
+442085198094



A comprehensive [menu](#) of Selmos from Newham covering all **18** meals and drinks can be found here on the menu. For **seasonal or weekly deals**, please get in touch via phone or use the contact details provided on the website. What [User](#) likes about Selmos:

first time try Portuguese cuisine and I am very impressed by the food and service recommended for authentic Portuguese dishes, I decided for the grilled cod with petersilie and wobble that has a relatiw large part that I did not in the position to finish in a session. it was overall tasteful and fresh, while the caramel mousse was smooth and light. in consideration of the prices, the piece sizes are very fair and sup... [View all feedback](#). What

[Cv197999](#) doesn't like about Selmos:

Not worth the money u pay, food not fresh and owner lacking of customer service. Instead of accommodating customer request he just was creating more issues,table for 12, food horrible, overcharged and not even allowed is to blow birthday candles, never again [View all feedback](#).

Selmos Menu



Starters & Salads

FRENCH FRIES

From The Grill

MIXED GRILL

Coffee

COFFEE

Restaurant Category

VEGETARIAN

These Types Of Dishes Are Being Served

MUSSELS

LAMB

LAMB CHOPS

PORK CHOPS

SALAD

FISH

Ingredients Used



CARAMEL

MEAT

PORK MEAT

BEEF

CHICKEN BREAST

SAUSAGE

CHOCOLATE

CHICKEN

Selmos Menu



Selmos

8 Church St, Newham, United Kingdom

Opening Hours:

 gallery image