

THE BAY BAR

SANDWICHES

Served on white or brown bloomer with summer slaw.

Maple roasted ham and smoked Applewood cheese	8.5
Rare beef and fresh horseradish sauce	8.5
Grilled mozzarella and confit tomatoes	7.5
Cornish mackerel and beetroot humus	8.5
Breaded hake fillets, tartare sauce & little gem	8.5

SALADS

Add a chargrilled chicken breast, pan fried salmon or grilled halloumi to any salad for £5

Nicoise salad Mixed leaves, salted anchovies, hens egg, Cornish mids potatoes, black olives, heritage tomatoes	9
Superfood salad Vegetable ribbons, couscous, avocado, roasted seeds, summer berries, mixed leaves.	9
Caesar Salad Romaine lettuce, soft hens egg, vegetarian parmesan cheese, garlic and rosemary croutons, homemade Caesar dressing.	9

BURGERS

Served with skinny fries

Bay burger Smoked bacon, mature cheddar or blue cheese, mustard mayo	13
Chicken and avocado burger Herb crumb chicken breast, smashed avocado, harissa mayonnaise	12
Cajun spiced chicken burger Smoked bacon, mustard mayo	12
Falafel burger (vegan) Beetroot hummus, roasted cashews	12
Grilled halloumi burger (v) Red onion marmalade, grilled courgette, basil pesto	12

MAINS

Fish and Chips Locally sourced fish, tribute batter, hand cut chips, tartare sauce, minted crushed peas.	13
Rump steak 6oz rump, skinny fries, garlic and herb butter, summer slaw	19
Deli club Club sandwich, gherkins, pastrami, chicken strips, emmental cheese, mustard mayonnaise, gem leaves, skinny fries	14
Fistral platter Cured meat, cured salmon, pickled vegetables, beetroot humus, smoked cheese, focaccia	15

SIDES

Skinny fries	3.5
Sweet potato fries	4

AFTERNOON TEA

Afternoon tea - Selection of sandwiches; smoked salmon, cucumber, ham & wholegrain mustard - Homemade warm scones; served with Tiptree jam and Rodda's clotted cream - Selection of sweet treats	18pp
Indulgent afternoon tea The above with the added treat of a glass of Prosecco or a cocktail	24pp
Cream tea Pot of tea and warm homemade scones; served with Tiptree strawberry jam and Rodda's clotted cream	5

If you have any dietary requirements please inform a member of staff when ordering. All of our dishes can be customised to fit your personal dietary requirements. We try and source as much produce as possible from the local area.

Open 10am until late