

THE BAY BAR

SANDWICHES *(served until 6pm)*

Served on white or brown rustic bread with root vegetable crisps and slaw salad

Roasted ham, smoked Applewood cheese and chutney	£8.5
Roasted beef and fresh horseradish sauce	£8.5
Grilled mozzarella and confit tomatoes, pesto	£7.5
Cornish mackerel, beetroot houmous and coriander	£8.5
Deli club - <i>gherkins, pastrami, chicken strips, emmental cheese, mustard mayonnaise, gem leaves, skinny fries</i>	£14

SALADS

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

Nicoise salad Mixed leaves, salted anchovies, hen's egg, Cornish mids potatoes, black olives, cherry tomatoes, green beans	£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, Caesar dressing, anchovies	£9

BURGERS

Served with skinny fries

Bay burger Smoked bacon, onion rings, mature cheddar or blue cheese, mustard mayonnaise	£14
Cajun spiced chicken burger Smoked bacon, mustard mayonnaise	£14
Falafel burger (vegan) Beetroot hummus, roasted cashews	£12
Grilled halloumi burger (v) Red onion marmalade, grilled courgette, basil pesto	£13

MAINS

Fish and chips Locally sourced fish, Tribute batter, skin on chips, tartare sauce, mushy peas	£14
Ribeye steak Ribeye steak, mushroom, watercress, chips, onion rings, cherry vine tomatoes	£22
Prawn, Cornish crab, squid ink linguine	£19
Sweet potato and red pepper risotto (v)	£13
Anti pasti for two Selection of mixed meats, houmous, balsamic onions, stuffed red pepper, sundried tomato, rocket salad, selection of bread	£16

SIDES

Skinny fries / Seasonal vegetables / Mixed salad	£3.5
Bearnaise / Peppercorn / Port & stilton sauce	£3.5

AFTERNOON TEA

Afternoon tea	£18pp
- Prosecco and raspberry jelly, gin and ruby grapefruit cake, macaroons, mini cosmo pipette, raspberry mojito slice	
- Plain and fruit scones, strawberry preserve and clotted cream	
- Salmon and cucumber sandwich, ham and wholegrain mustard sandwich, free range egg mayonnaise sandwich	
Cream tea	£5
Pot of tea and warm homemade scones; served with strawberry preserve and clotted cream	

DESSERTS

Chocolate brownie, vanilla mascarpone (gf)	£6
Sticky toffee pudding, salted caramel sauce, Cornish clotted cream	£6
Passion fruit and coconut posset, poached raspberries, sugar tuile, shortbread biscuit	£7
Knickerbocker glory, raspberry jelly, honey comb, vanilla ice cream	£7

If you have any dietary requirements or allergies please inform a member of staff when ordering. We will always try our best to customise our dishes to fit your personal dietary requirements. We try and source as much produce as possible from the local area.