

BRUNCH *Served 10am - 12pm*

Eggs Benedict - toasted English muffin, soft boiled hens eggs, honey roasted ham, hollandaise sauce _____ £8.50

Smashed eggs - poached hen egg, crushed avocado, toasted rosemary bread _____ £8.50

The vegan - herbed potato rosti, confit tomato, grilled field mushroom, spinach, vegan sausage, baked beans _____ £7

SANDWICHES *Served until 6pm*

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

- Gluten free bread also available.

BLT - smoked bacon, tomato, baby gem, paprika mayonnaise _____ £9

Fistral club - roast chicken, baby gem, beef tomato, smoked bacon, paprika mayonnaise _____ £14

Cornish Yarg, spiced tomato & red onion chutney (v) _____ £8

Smoked salmon, cream cheese & dill _____ £10

Picked Cornish white crab, mayonnaise & herbs _____ £16

SALADS

Chicken Caesar salad - soft hen's egg, parmesan, croutons, crispy smoked bacon, anchovies, fresh herbs _____ £15

Chargrilled courgette, chargrilled aubergine, bulgur wheat, rose harrisa dressing. *With or without feta* (vg) _____ £13

Roast rainbow carrot, orange, dukkah, citrus dressing (vg) _____ £12

AFTERNOON TEA

Tuck into a tier of naughty-but-nice delights. Our Afternoon Tea is the perfect pick for afternoon indulgences whilst watching the waves roll in over the famous Fistral Beach...

£18pp or £24pp with a glass of prosecco. Served 12-5pm.

THE BAY BAR

SMALL PLATES & NIBBLES

Soup of the day, warm bread, Cornish butter (v/gf*) _____ £7

Shellfish bisque, dill oil, warm bread, Cornish butter (gf*) _____ £8

Pork belly pâté, pickles, grilled baguette (gf*) _____ £8

Marinated olives & bread selection (vg*) _____ £5

Goats cheese & beetroot arancini (v) _____ £7

Confit duck leg bao bun _____ £7

Antipasti for two - selection of meats, stuffed peppers, chargrilled courgettes, balsamic onions, artichoke hearts, olives, warm bread (gf*) _____ £20

LARGE PLATES

10oz ribeye steak, hand cut chips, watercress, garlic butter (gf*) _____ £24

Fish & chips, Tribute batter, hand cut chips, tartar sauce, mushy peas _____ £14

Cornish crab, fennel & tomato linguini _____ £18

Wild mushroom tortellini, baby spinach, pine nuts, salsa verde (vg*) _____ £15

Moules marinière, garlic, white wine, cream, skinny fries (gf*) _____ £18

BURGERS

6oz beef burger, smoked bacon, smoked cheddar, baby gem, beef tomato, skinny fries _____ £15

Buttermilk fried chicken burger, guacamole, smoked bacon, smoked cheese, baby gem, beef tomato, skinny fries _____ £14

Truffle mac 'n' cheese burger, baby gem, beef tomato, skinny fries (v) _____ £14

SOMETHING SWEET

Warm treacle tart, clotted cream _____ £7

Raspberry frangipane, vanilla ice cream _____ £8

Sticky toffee pudding, toffee sauce, vanilla ice cream _____ £8

West country cheese plate, quince, damsel biscuits _____ £12

If you have any dietary requirements please inform a member of staff when ordering

(v) - vegetarian | (vg) - vegan | (vg*) - vegan option available on request | (gf*) - gluten free option available on request

We try and source as much produce as possible from the local area | Open 10am until late, food served 12 - 9pm | @FISTRALBEACHHOTEL