THE BAY BAR

| SANDWICHES | available 12:00 - | 17:30 | |
|---------------------------------------------------------------------------|-------------------|-------|--|
| served with crisps and salad, with a choice of white or brown bread (GF*) | | | |
| primrose herd roast h whole grain mustard (6 | | £8 | |
| scottish smoked salm herb crème fraiche (GF | • | £10 | |
| chevre goats cheese, beetroot (GF*) (V) | | £7 | |
| add cup of soup (GF) _ | | £4 | |
| SIDES | | | |
| hand-cut chips, truffle mayo, parmesar | | £4 | |
| beer-battered onion r | ings (DF) | £4 | |
| garlic sourdough brea | ıd (V) | £4 | |
| cheese garlic sourdou | igh (v) | £5 | |
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= AFTERNOON TEA =

Tuck into a tier of naughty-butnice 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 12pm - 5pm

SMALL PLATES

| marinated olives & bread selection (VG*) | £4.5 |
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| soup of the day, bread & salted butter (GF*) (VG*) (DF*) | £7 |
| pea & truffle arrancini, wild mushroom, watercress (v*) | £7.5 |
| confit chicken terrine, baby leaf salad,tomato chutney, sourdough (GF*) | £7 |
| spicy meatballs, paprika & tomato sauce (DF*) | £7 |
| cured meat plate, pickles (DF) (GF) | £8.5 |
| mini fish cakes, tartare crème fraîche, baby leaf salad | £7.5 |
| LARGE PLATES | |
| beetroot & goats cheese risotto, walnut, watercress (GF) | £15 |
| crab & prawn linguini, chilli, lime, cream | £18 |
| asparagus ravioli, wild garlic pesto, baby spinach (v) (vG*) (DF*) | £16 |
| beer battered fish & hand cut chips, tartare sauce,garden peas (DF) | £15 |
| buttermilk chicken burger, bacon, spicy cheesesauce, burger sauce, baby gem, tomato, fries (GF*) | £15 |
| double cheese burger, bacon, spicy cheesesauce, baby gem, tomato, burger sauce, fries (DF*) (GF*) | £16 |
| halloumi burger, guacamole, baby gem, tomato, fries (GF*) (V) | £14 |
| steak frites, bavette steak, fries, confit tomato, watercress (GF) (DF*) add peppercorn sauce (GF) | |
| DESSERTS | |
| sticky toffee pudding, toffee sauce, | £7 |
| salted caramel & nut brownie, salted caramel ice cream | £7.5 |
| west country cheese, fig chutney, damsel biscuits, celery (GF*) three cheeses five cheeses | |
| local ice cream selection, please ask the server for flavours | |
| See Seedin Selection, please ask the server for havours | |