

Note your table number...

Full Cornish Breakfast

sausage, back bacon, potato cakes, grilled pork, field mushroom, scrambled st ewe eggs, heinz baked beans, bakery toast. 9 (gfo)

Vegetarian Full

Cornish Breakfast baked vegetarian sausages, grilled tomato, field mushroom, scrambled st ewe eggs, heinz baked beans, potato cakes, bakery on the beach toast. 8.50 (v) (gf bread available)

Eggs Royale

kiln smoked salmon, breakfast muffin, poached st ewe enriched eggs, hollandaise sauce, cracked black pepper. 9

Bakery on the Beach Bap

• primrose herd pork sausage. 6

Bakery on the Beach Bap

• grilled back bacon. 6

Bakery on the Beach Bap

• fried st ewe egg, grilled mushroom. 5 (v)

Eggs Florentine baby spinach leaves, st ewe poached eggs, hollandaise sauce, sour dough toast, grated nutmeg. 7 (v)

Breakfast Burrito baked chorizo, roasted potato, pepperjack cheese, tomato chutney, scrambled st ewe eggs, floured tortilla. 7.5

Egg 'n' Soldiers soft boiled cornish eggs, bakery on the beach farmhouse soldiers. 4.5 (v)

Heinz Baked Beans on Toast 5 (v)

Bakery on the Beach Toast granary or sour dough, strawberry jam or orange marmalade. 3.5

| **Black / White Coffee** 2.3

| **Flat White** 2.7

| **Cappuccino** 2.5

| **Latte** 2.5

| **Espresso** 2

| **Doppio Espresso** 2.3

| **Mocha** 2.7

| **Babyccino** 1

| **Tea** 2

| **English Breakfast**

| **Earl Grey / Decaf / Redbush**

| **Teapig Tea** 2.7

| **Peppermint / Green / Chai**

| **Lemongrass & Ginger**

| **Chamomile / Super Fruit**

| **Hot Chocolate**

£2.70 / Kids £2.30

| **Hot Chocolate & Cream**

£3 / Kids £2.60

| **The Deluxe**

hot chocolate, cream & marshmallows. £3.20 / Kids £2.80

| **Cornish Orchards** 2.8

Sicilian Lemonade
Elderflower Presse
Apple & Rhubarb
English Apple
Ginger Presse

| **Smoothie Cartons** 2.2

| **Fresh Smoothie** 3

| **Apple / Orange Juice Carton** 1

| **Cornish Water:**

Sparkling or Still
Small 1.8 / Large 3

| **Fresh Orange Juice** 2.5

| **Frobishers Juice** 2.8

Pineapple / Pink Grapefruit

| **Eager Juice** 2.2

Apple / Cranberry / Orange / Tomato

| **Icon Coke / Diet Coke Bottle**

2.6

(v) = vegetarian (gf) = gluten free diet (gfo) = gluten free option (vg) = vegan (*) = contains nuts please note we use wheat, eggs, nuts, dairy, & seeds in our kitchen. every ingredient on each dish may not be listed, any allergies please make our management team aware.

B
R
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K
F
A
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T
9-11:30

Note your table number...

Bait Bites:

Marinated Anchovies. 3 (gf)

½ Pint Shell on Prawns
marie rose dressing. 7 (gf)

Cockles coverack vinegar. 3.5

Popcorn Shrimp aioli. 4

Roll Mops 3 (gf)

The Gylly Surf Burger minced cornish steak, smoked belly pork, garlic tiger king prawn, chilli cheese, american style mustard, red onion, beef tomato, pickled gherkin, brioche bap, chunky chips. 15 (gfo)

Crab Cakes granny smith apple, cucumber ribbons, radish, wild rocket leaves, seaweed mayonnaise. 13

Spinach & Ricotta Ravioli
fresh pasta, spinach leaves, soft ricotta cheese, crispy sage, toasted pine nuts, shaved parmesan. 11 (v) (*)

Califomian Reuben Toastie sliced turkey breast, pickles, white cabbage, swiss cheese, toasted sour dough, dressed leaves, skinny fries. 10

St Ewe Egg & Miso Broccoli Salad
free range hens egg, broccoli tips, radish, miso dressed quinoa, toasted sunflower seeds. 11 (gf) (vegan option)

Market Fresh Fish
cornish beer battered fish, thyme salted super crunch chips, garden peas, tartare sauce, lemon wedge. 14 (gfo)

Gala Pie Lunch braised pork, hens egg, helford blue cheese, balsamic onions, caper berries, chutney, apple, crusty bakery bread. 13

Falmouth Fish Soup fresh cornish fish & shellfish from our coast line, tomato based stock, sea vegetables, rouille, gruyere, sourdough croutons. 14 (gfo)

Beer Can Chicken Pinwheel Wrap
slow roasted cornfed chicken, fire roasted peppers, red onion, tomato salsa, balsamic vinegar, baby spinach leaves. 10

Superfood Summer Salad edamame beans, blueberries, carrot, wild rice, kale, red onion, walnuts, cherry tomatoes, sesame, maple dressing. 12 (vg) (gf)

Baja Style Fish Taco crispy breaded fillet of hake, pickled cabbage, chipotle mayonnaise, fresh lime, coriander, floured tortilla, smashed avocado, black onion seeds. 13

All sandwiches are served on our bakery wholewheat bloomer bread, vegetable crisps, pickled slaw.

Honey Roast Ham off the Bone
vine tomato, grain mustard. 7

Mature Cheddar Cheese
lettuce, tomato. 6

Summer Vegetable & Chickpea
carrot, mustard cress, cucumber, tomato, gem lettuce, red onion, chickpea hummus. 7 (v)

St Ewe Egg & Watercress
grated enriched boiled egg, peppery watercress, dijon mayonnaise. 7 (v)

Deli Style Roast Beef sliced top side of grass fed beef, cucumber pickle, horseradish butter, lambs lettuce. 8

gluten free bread is available for sandwiches on request. (surcharge 1.50)

Kids Meals
for children up to age 8 only.
includes apple/orange juice carton & roskilly's theatre tub ice cream

Battered Fish thyme salted super crunch chips, garden peas, tartare sauce. 9 (gfo)

Cornish Sausage chunky chips, heinz baked beans. 9 (gf)

Rugaroni Vine Tomato Pasta
grated cheddar, garlic bread. 9

House Salad mixed leaf, red onion, peppers, tomato, cucumber, mustard dressing. 4 (v) (gf)

Super Crunch Chips thyme cornish sea salt. 3.75 (v) (gf)

Chips & Cheese
(not melted). 5 (v) (gf)

Bakery on the Beach Bread Basket
extra virgin olive oil, chickpea hummus. 4.5 (v)

Marinated Olives
3 (v) (gf)

Cheesy Garlic Bread 3.5
(lea & perrins contains fish)

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12-4

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Mocha 2.7

Babyccino 1

Tea 2

English Breakfast

Earl Grey / Decaf / Redbush

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Peppermint / Green / Chai

Lemongrass & Ginger

Chamomile / Super Fruit

Hot Chocolate 2.7

Kids 2.3

Hot Chocolate & Cream 3

Kids 2.6

The Deluxe

hot chocolate, cream & marshmallows. 3.2

Kids 2.8

Cornish Orchards 2.8

Sicilian Lemonade

Elderflower Presse

Apple & Rhubarb

English Apple

Ginger Presse

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Fresh Smoothie 3

Apple / Orange Juice Carton

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2.6

Bottles / Cans:

Sol 4.5% vol. 3.8

Beavertown Gamma Ray

5.4% vol. 4.3

Brew Dog Punk IPA

5.6% vol. 4.5

Jubel Peach / Elderflower

4% vol. 4.5

Becks Blue 0% vol. 3.2

Draft:

Carlsberg 3.8% vol.
2.1 / 4.20

San Miguel 5% vol.
2.3 / 4.5

Big Wave 4.4% vol.
3 / 5.6

Korev 4.8% vol.
2.2 / 4.4

Guinness 4.1% vol.
2.2 / 4.4

Tribute 4.2% vol.
2.1 / 4.2

Beavertown Neck Oil
4.3% vol. 3 / 5

Cornish Orchards Gold
4.5% vol. 2.2 / 4.4

Cornish Orchards Blush
4% vol. 2.3 / 4.4

**Sml -125ml, Med -175ml,
Lrg -250ml**

Whites:

Pinot Grigio / The Deep
california, usa, 12% vol
sml 3.6 / med 4.75 / lrg 6.25
bottle 18

Curicó Valley Chardonnay
valle central, chile, 13.5% vol
sml 3.75 / med 5.25 / lrg 6.75
bottle 18.5

Picpoul de Pinet
coteaux du languedoc, france,
12.5% vol / sml 4 / med 5.5
lrg 7.75 / bottle 20

Sauvignon Blanc
ribbonwood, marlborough, nz,
12.5% vol / sml 4.75 / med 6.5
lrg 8.5 / bottle 25

Albariño
alba martin, do rias baixas,
spain, 12% vol
sml 5.5 / med 7.75 / lrg 9.5
bottle 28

Bourgogne Chardonnay
burgundy, france, 12.5% vol.
bottle 38

Rose:

Pinot Grigio Rosato
cantina di monteforte, italy,
12% vol / sml 3.75
med 5.25 / lrg 7.5 / bottle 19

**Sml -125ml, Med -175ml,
Lrg -250ml**

Reds:

Merlot / The Deep
california, usa, 13% vol
sml 3.5 / med 4.75 / lrg 6.25
bottle 18

Cabernet Sauvignon
villa montes, chile, 14% vol
sml 3.75 / med 5.25 / lrg 7.5
bottle 21

Bodegas LAN Rioja Crianza
rioja alta, spain, 13.5% vol
sml 4.75 / med 6.5 / lrg 9.25
bottle 28

Mendoza Malbec Clasico
kaiken, argentina, 13.5% vol
sml 4.75 / med 6.5 / lrg 9.25
bottle 28

Crozes Hermitage Rouge
maison nicolas perrin, france
13% vol / bottle 38

Bubbles:

Ca' Bolani Prosecco
italy, 11% vol / flute 4.5
bottle 27

Botter Rosé
spumante sparkling rose,
italy, 11% vol / bottle 26

Camel Valley Brut
cornwall, 12.5% vol /
bottle 45

**Camel Valley Pinot Noir
Rose Brut** cornwall,
12.5% vol / bottle 45

* alcohol is served from 11am.

DRINKS