

SERVED FROM 9-11:30AM

BREAKFAST

EGGS BENEDICT

primrose herd ham, st ewe poached eggs, hollandaise sauce, toasted muffin, cracked black pepper. £7.50

EGGS FLORENTINE

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

FULL CORNISH BREAKFAST

grilled pork patty, back bacon, scrambled st ewe eggs, heinz baked beans, potato cakes, primrose herd sausage, bakery on the beach toast. £8.50

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)

BAKERY ON THE BEACH BAP

- primrose herd pork sausage
- grilled back bacon
- fried st ewe egg, grilled mushroom (v)

please select one of the above. £5.50

EGG 'N' SOLDIERS

soft boiled cornish eggs, bakery on the beach farmhouse soldiers. £4.50 (v)

CINNAMON FRENCH TOAST

smoked streaky bacon, grilled banana, maple syrup, sugar dust. £7

BREAKFAST BURRITO

baked chorizo, roasted potato, pepperjack cheese, tomato chutney, scrambled st ewe eggs, floured tortilla. £7.50

HEINZ BAKED BEANS ON TOAST

£4.50 (v)

BAKERY ON THE BEACH TOAST

granary or sour dough, butter, strawberry jam or orange marmalade. £3

SERVED FROM 12-4PM

LUNCH

GYLLY BURGER

cornish beef, double cheddar, tomato relish, smoked bacon, sautéed onions, pickles, seeded bap, thyme salted super crunch chips, dressed leaves. £14

LEEK, PARSLEY & POTATO PIE

gluten free pie topped with mature cheddar, boiled st ewe egg, fine bean salad, white balsamic dressing. £10 (v) GF

MARKET FRESH BEER BATTERED FISH

cornish beer battered fish, thyme salted super crunch chips, garden peas, tartare sauce, lemon wedge. £12

TORTELLONI

cranberry and goat's cheese pasta, butter sauce, pine nut crumble, pea shoots. £12 (v)

OPEN CHIPOLATA SANDWICH

primrose herd lincolnshire style sausages, red onion jam, dijonaise, wild rocket, shaved parmesan, crispy onions, granary bread. £10

CHILLED CHICKPEA & CAULIFLOWER LAFFA WRAP

curry roasted romanescos cauliflower, coriander chickpeas, raita dressing, sag aloo. £10 (v)

CHICKEN, HAM HOCK & LEEK PIE

puff pastry, black cabbage, baby new potatoes, parsley sauce. £12

SOUR DOUGH TOASTIE

masala mixed spiced green chutney, smoked cheddar red onion, beef tomato, cucumber, dressed leaves, skinny fries. £9 (v)

ROASTED PUMPKIN SALAD

cornish crumbly cheese, hazelnuts, chopped dates, mint and spinach leaf salad, salsa verde. £9 (v) GF

STICKY SALMON TACO

open tortilla, roasted salmon fillet, pickled red cabbage, guacamole, honey dressing, tomato and red onion salsa, sesame seeds. £12

CORNISH COD

pan fried fillet of cod, braised puy lentils, smoked pancetta and pea broth, parmesan and chive crust. £13

PLEASE TURN OVER...

SANDWICHES

all served on 'the cornish mill' bake house wholewheat bloomer bread, red slaw, tortilla chips.

CORNISH PRESSED BELLY OF PORK

sage stuffing, orchard apple sauce. £7.50

SMOKED SALMON

dill crème cheese, cucumber ribbons, cracked black pepper. £9

TANDOORI SPICED CHICKEN BREAST

mango salsa, gem lettuce. £8

HONEY ROAST HAM OFF THE BONE

vine tomato, grain mustard. £7

MATURE CHEDDAR CHEESE

lettuce, tomato. £6

GLUTEN FREE ROLL IS AVAILABLE FOR SANDWICHES ON REQUEST.

(SURCHARGE £1.50)

BAKERY ON THE BEACH BREAD BASKET

extra virgin olive oil, chickpea hummus.

£4 (v)

CHEESY CHIPS

thyme cornish sea salt. £5 (v)

MARINATED OLIVES

£4 (v)

LEA & PERRINS CHEESY GARLIC BREAD

£3.50

HOUSE SALAD

mixed leaf, red onion, peppers, tomato, cucumber, mustard dressing. £4 (v)

SUPER CRUNCH CHIPS

thyme cornish sea salt. £3.50 (v)

PRICE INCLUDES APPLE/ORANGE JUICE CARTON.

KIDS

BATTERED FISH

thyme salted super crunch chips, garden peas, tartare sauce. £7

BEEF STEAK BURGER

thyme salted super crunch chips, cucumber spaghetti. £6.50

LINGUINI

fresh pasta, vine tomato sauce, cheddar cheese. £6 (v)

BREAD 'N' HUMMUS

bakery on the beach artisan bread, chickpea hummus. £5 (v)