

# BREAKFAST 9-11:30

## Full Cornish Breakfast

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

## 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
- grilled back bacon. £6
- fried st ewe egg, grilled mushroom. £5 (v)

please select one of the above.

## 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)

## 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. £7.50

## Gluten Free Full Cornish

trelawney sausage, grilled bacon, mushrooms, baked vine tomato, st ewe egg, potato cake, heinz baked beans, spinach, ketchup, gluten free toast. £10 GF

## Egg 'n' Soldiers

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

## Heinz Baked Beans on Toast

£5 (v)

## Bakery on the Beach Toast

granary or sour dough, strawberry jam or orange marmalade. £3.50

When you're ready to order simply head to the bar...

don't forget your table number!

Please note: to help us maintain an efficient service, unfortunately we are unable to adapt the menu.

ALL OF OUR BREAD & CAKES ARE BAKED FRESH EVERYDAY!

See the bar for available homemade cakes & pastries.

don't forget your table number!

# LUNCH 12 - 4

**The Gylly Burger** seasoned cornish lamb burger, slow braised pulled shoulder, monteray jack cheddar, chipotle mayonnaise, red cabbage, sesame bun, super crunch chips. £14

**Gluten Free Homity Pie** mixed bean, celery, carrot, courgette, black cabbage, sage and onion style stew. £11 (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

**Cheeseburger Toastie** ground cornish beef, tomato base, sliced red onion, pickled gherkins, burger sauce, davidstow cheddar, skinny fries. £9

## Mature Cheddar Cheese

lettuce, tomato. £6

## Southern Fried Monkfish Fingers

gem lettuce, beef tomato, chunky tartare sauce, pepper jack cheese, cornish ketchup dip. £8

## Turkey Breast

sliced breast of english turkey, avocado, cornish brie, gem lettuce. £8

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

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

**Sole Fish Molee** cornish sole fillets, portuguese style creamy coconut broth, curried turmeric spices, beach vegetables, toasted coriander flat bread. £12

**Chilaquiles** fried tortilla, haricot bean salsa, avocado, baked egg, slice red onion, crumbled feta cheese. £10 (v)

**Brisket Ends** 24 hour slow braised smoked brisket, skinny fries, mature cornish cheddar, celeriac slaw, crispy onions. £11

**Spring Salad** sliced root vegetables, candy beetroot, baby carrot, spring peas, turnips, pea shoots, mizuna leaf, lemon and mint dressing, cornish wild garlic. £9 (vg)  
*add daily market fish, see specials board. £3*

WE CARRY GLUTEN FREE BREAD! DIETARY REQUIREMENTS CAN BE CATERED FOR, JUST ASK US.

# SANDWICHES

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

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

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

# SIDES

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

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

**Cheesy Chips** thyme cornish sea salt. £5 (v)

**Bakery on the Beach Bread Basket** extra virgin olive oil, chickpea hummus. £4.50 (v)

**Marinated Olives** £3 (v)

**Lea & Perrins Cheesy Garlic Bread** £3.50

Little People

for children up to age 8 only. includes apple/orange juice carton

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

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

## Beef Steak Burger

thyme salted super crunch chips, cucumber spaghetti. £6.50

## Bread 'n' Hummus

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

don't forget your table number!

## ORIGIN COFFEE *locally roasted*

**Black/White Coffee.** £2.10

**Flat White.** £2.50

**Cappuccino.** £2.30

**Latte.** £2.30

**Espresso.** £1.80

**Doppio Espresso.** £2.10

**Mocha.** £2.50

**Babyccino.** £1

## CLIPPER TEA

**English Breakfast.** £2

**Earl Grey.** £2

**Decaf.** £2

**Redbush.** £2

## TEAPIG SPECIALITY TEA

**Peppermint.** £2.70

**Green.** £2.70

**Lemongrass & Ginger.** £2.70

**Chamomile.** £2.70

**Super Fruit.** £2.70

**Chai.** £2.70

## HOT CHOCOLATE

**Hot Chocolate.** £2.50 / Kids £2.30

**Hot Chocolate & Cream.**  
£2.80 / Kids £2.60

**The Deluxe** hot chocolate, cream  
& marshmallows. £3 / Kids £2.80

## SOFT DRINKS

### Cornish Orchards:

Lemonade  
Elderflower Presse  
Ginger presse  
£2.80

**Smoothie Cartons**  
£2.20

**Glass of Milk.** £1.80

**Fresh Smoothies.** £3

**Apple / Orange Juice Carton.** £1

### Cornish Water:

Sparkling or Still  
Small £1.80 / Large £3

**Fresh Orange Juice.** £2.50

### Frobishers:

Pineapple Juice  
Pink Grapefruit Juice  
£2.80

### Eager Juice:

Apple Juice  
Cranberry Juice  
Orange Juice  
Tomato juice  
£2.20

### San Pellegrino Cans:

Limonata  
Blood Orange  
£2.20

**Icon Coke / Diet Coke Bottle.** £2.60

## WHITES

**Pinot Bianco / Garganega** veneto, italy, 12.5% vol.  
125ml £3.60 / 175ml £4.75 / 250ml £6.25 / bottle £18

**Curicó Valley Chardonnay** valle central, chile, 13.5% vol.  
125ml £3.75 / 175ml £5.25 / 250ml £6.75 / bottle £18.50

**Picpoul de Pinet** coteaux du languedoc, france, 12.5% vol.  
125ml £4 / 175ml £5.50 / 250ml £7.75 / bottle £20

**Sauvignon Blanc** ribbonwood, marlborough, nz, 12.5% vol.  
125ml £4.75 / 175ml £6.50 / 250ml £8.50 / bottle £25

**Albariño** alba martin, do rias baixas, spain, 12% vol.  
125ml £5.50 / 175ml £7.75 / 250ml £9.50 / bottle £28

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

## ROSÉ

**Pinot Grigio Rosato** cantina di monteforte, italy, 12% vol.  
125ml £3.75 / 175ml £5.25 / 250ml £7.50 / bottle £19

## REDS

**Merlot / Grenache** igp pays d'oc, france, 13.5% vol.  
125ml £3.50 / 175ml £4.75 / 250ml £6.25 / bottle £18

**Cabernet Sauvignon** villa montes, chile, 14% vol.  
125ml £3.75 / 175ml £5.25 / 250ml £7.50 / bottle £21

**Bodegas LAN Rioja Crianza** rioja alta, spain, 13.5% vol.  
125ml £4.75 / 175ml £6.50 / 250ml £9.25 / bottle £28

**Mendoza Malbec Clasico** kaiken, argentina, 13.5% vol.  
125ml £4.75 / 175ml £6.50 / 250ml £9.25 / bottle £28

**Crozes Hermitage Rouge** maison nicolas perrin, france 13% vol.  
bottle £38

## BUBBLES

**Draught Frizzenti**  
italy 10.5% vol. flute £4.50

**Botter Raboso** spumante sparkling  
rose, italy, 11% vol. bottle £26

**Divici Organic Prosecco**  
spumante, italy, 11% vol. bottle £30

**Camel Valley Brut**  
cornwall 12.5% vol. bottle £45

**Camel Valley Pinot Noir Rose Brut**  
cornwall 12.5% vol. bottle £45

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