

DRINKS

To view our range of local and international cyder, beer, wine & spirits, please ask your server for the full drinks menu

HOT DRINKS

Babyccino		£1.00
Espresso		£2.50
Double Espresso		£2.90
Black / White Coffee		£2.90
Latte		£3.50
Flat White		£3.50
Mocha		£3.50
Cappuccino		£3.50
Hot Chocolate	Kids £3.00	£3.60
Add Cream +£0.20		
The Deluxe	Kids £3.50	£4.00
Hot chocolate, cream & marshmallows		

TEAPOTS

Breakfast Tea / Earl Grey / Decaf		£2.50
Speciality Tea		£2.80
Three Mint, Matcha Green, Lemongrass & Ginger, Chamomile or Berry		

SOFT DRINKS

Apple / Orange Juice Carton		£1.20
Navas Garden Tonic		£2.85
Navas Light Tonic		£2.85
Healeys Cornish Apple Juice		£3.25
Healeys Cornish Sparkling Avalade		£3.50
Cornish Apple, Cloudy Lemonade, Elderflower Presse, Rose Lemonade, Sparkling Peach or Ginger Beer		
Diet Coke	Glass bottle	£3.00
Coke	Glass bottle	£3.40
Fruit Juice		£3.50
Pineapple, Pink Grapefruit, Orange, Tomato or Cranberry		
Cornish Water	Small £2.20 Large £3.50	
Sparkling or Still		

SIDES & PUDDINGS

SIDES

Sea Salted Fries 🌾🥚	£4.50
With Healeys Ketchup	
Parmesan Fries 🌾	£6.50
With garlic mayo	
Soul Farm Leaves 🌾🥚	£6.50
With toasted pumpkin seeds & orange vinaigrette	

PUDDINGS

Gylly Sundae ©	£10.00
Chocolate brownie, vanilla fudge, chocolate ice cream & caramel sauce	
Raspberry & Frangipane Tart	£8.00
Served with Trewithen Clotted Cream & raspberry coulis	
Zingy Lemon Posset ©	£8.00
Served with shortbread & blueberry compôte	
Cornish Cheese Board	£12.50
Cornish brie, Cornish blue, Cornish Yarg, Miller's crackers & Healeys Chutney	



SEE OUR SPECIALS BOARD FOR A FINE SELECTION OF FRESH CORNISH SEAFOOD

Please note we use wheat, eggs, nuts, dairy, & seeds in our kitchen. Every ingredient on each dish may not be listed. If you have any allergies, please make your server aware.

Find the highlighted Healeys produce that inspire and make up the heart of our recipes here at Gylly!

🌾 = non gluten containing ingredients

© = gluten free option available

🌱 = can be vegan 🥚 = vegan

🌿 = vegetarian

**gylly
beach**

eat • drink • play



**BREAKFAST
& LUNCH
MENU**



BREAKFAST

9:00 - 11:30

FULL BREAKFASTS

Full Cornish  **£13.95**

Grilled bacon, pork sausage, potato rosti, beans, field mushrooms, St Ewe scrambled egg, Cornish hogs pudding & granary toast

Vegetarian Breakfast   **£12.00**

Plant-based sausages, potato rosti, grilled plum tomatoes, beans, field mushrooms, St Ewe scrambled egg & granary toast

BREAKFAST BAPS

Choose up to 3 fillings **£6/£8/£10**

Cornish pork sausage / Unsmoked back bacon / Moving Mountain plant-based sausage / St Ewe egg / Hash brown / Field mushroom / Hogs pudding

LIGHTER BITES

Granola   **£7.50**

With Greek yoghurt. Choice of: banana & strawberries OR blueberry compôte

Warm Waffles **£10.00**

With streaky bacon & maple syrup

Gylly Full Breakfast Frittata  **£12.00**

Bacon, sausage, hogs pudding, mushroom, tomato & topped with Davidstow cheddar

Vegetarian Frittata   **£11.00**

Mushroom, veggie sausage, tomato, spinach, topped with Davidstow cheddar

Salmon Sourdough Toast  **£11.00**

With oak smoked salmon & scrambled eggs

Vegetarian Sourdough Toast   **£10.00**

With smashed avocado & poached eggs

Eggs Benedict Muffin  **£11.00**

Ham, poached eggs and creamy hollandaise sauce on a toasted breakfast muffin

Eggs Royale Muffin  **£12.00**

Sliced smoked salmon, poached eggs and creamy hollandaise sauce on a toasted breakfast muffin

JUNIORS

Mini Breakfast Bacon, sausage, beans & toast **£8.00**

Bakery Toast  **£3.00**

Choose either granary or sourdough served with Cornish butter & Healeys Strawberry Jam

Baked All-Butter Croissant  **£3.00**

Healeys Strawberry Jam

Warm Waffle With banana & maple syrup **£5.00**

WELCOME

Attention to detail is our forté, especially when it comes to our food. We're proud to say that we source many ingredients from local producers, some of which we've supported since opening in 2000.

Whether it's scallops from Mylor, cyder from Healeys, meat from Launceston or lobster from our very own Gyllyngvase beach, you can be certain that the food we serve you is locally sourced.

LIGHT BITES

SMALL PLATES

Try a mix of our tapas-style dishes or add salad & chips

Korean Fried Chicken **£8.50**

Gochujang spiced chicken breast, fresh coriander & spring onion

Popcorn Halloumi  **£8.00**

Panko breaded halloumi cheese with honey & chilli sauce

Roasted Red Pepper Hummus **£7.50**

Roasted red peppers, chives & sourdough toast

Cajun Dusted Squid **£8.00**

Lightly dusted squid with roasted garlic mayonnaise

SANDWICHES AND ROLLS

Served on Da Bara Bakery bread with Soul Farm leaf salad

Roasted Red Pepper & Mozzarella Toastie  **£10.00**

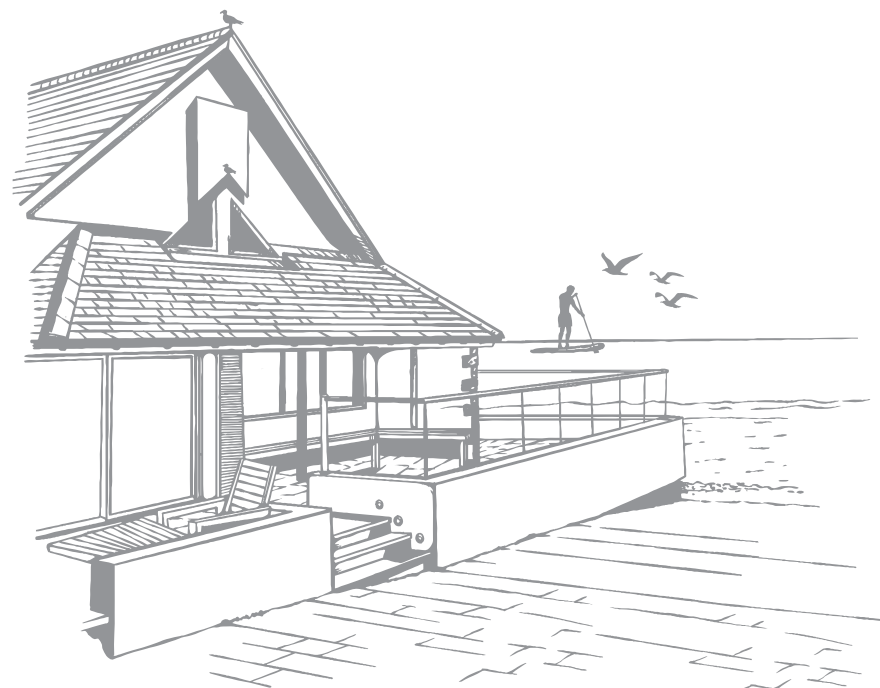
With rocket and basil pesto

Rustique Rolls 

Oak smoked salmon, chive cream cheese & rocket **£9.00**

Cold water prawns, Marie Rose sauce & cucumber ribbons **£9.00**

Baked carved ham, Davidstow cheddar & Healeys Tomato Chutney **£8.50**



SHARERS & MAINS

BEACH BOARDS Great For Sharing!


Each board is served with baby mozzarella, gordal olives, sunblushed tomatoes, roasted artichoke hearts, Healeys Farmhouse Pickle & house focaccia

Shoreline  **£20.00**

Smoked mackerel, smoked salmon & brown anchovies

Charcuterie  **£20.00**

Smoked duck breast and a selection of cured meats

Veggie Board    **£16.00**

Red pepper hummus & roasted beets

BIGGER PLATES

Korev Beer Battered Fish & Chips  **£18.00**

Market fish, crushed peas, tartare sauce & fresh lemon

Enjoy with a glass of [Tresor Classic Cuvée](#)

St Austell Bay Mussels  **£15.00**

Mussels steamed in Healeys Cornish Gold Cyder, pancetta & leeks with house focaccia

Enjoy with a pint of [Cornish Gold Cyder](#)

Gylly Steak Burger  **£17.50**

6oz steak patty, Monterey Jack cheese, streaky bacon, house burger sauce, baby gem lettuce, pickles & sea salted fries

Enjoy with a Pint of [Rattler Cyder](#)

Spiced Bean Burger  **£15.00**

Savoury bean patty with a hint of spice, guacamole, beef tomato, pink pickles, shredded gem lettuce, vegan burger sauce & sea salted fries

Ponzu Tofu Poke Bowl    **£15.00**

Marinated tofu, soy brown rice, fresh vegetables, edamame beans, watermelon, pickled pink onions, nori & ponzu sauce

Chicken Caesar Salad  **£17.00**

Seared chicken breast, brown anchovies, sourdough croutons, cos lettuce, parmesan shavings & roasted garlic mayonnaise

Newlyn Market Fish Risotto  **price on the board**

Catch of the day, brown crab, pea, herb & lemon risotto

Sweet Potato & Chickpea Red Thai Curry    **£16.00**

Tomato & coconut sauce, jasmine infused rice & Healeys [Green Bean Chutney](#)

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