

# Menu



## FOR ONE OR TO SHARE

MUSSELS & SOURDOUGH (GFO) For 1: £7 For 2: £13  
White Wine – Cream – Shallots – Garlic – Tarragon

CORNISH ANTIPASTO For 3: £22  
Selection Of Cornish Charcuterie – Olives – Pickled & Roasted Vegetables – Cornish Jack  
Tomato & Basil Focaccia – Sourdough

BREADS, OLIVES & SCRAPES (V) (GFO) For 1: £7 For 2: £12  
Warm Sourdough – Tomato & Basil Focaccia – Olives – Houmous – Pesto  
Split Extra Virgin Olive Oil & Aged Balsamic

## OVER THE COALS ( COOKED ON OUR CHARCOAL BBQS)

All Served With Skin-On Fries & Dressed Salad

LOCAL LOBSTER (GF) Half: £15 Whole: £25  
All of our lobsters are caught in local waters by local fishermen & landed on St Mary's)  
Choose Your Butter: Chilli – Lemongrass & Coriander – Garlic & Chive

THE BEACH BURGER (GFO) £13  
28 Day Dry Aged Gloucester Beef Patty – Crisp Lettuce – Tomato – Cornish Jack – Toasted Sourdough Roll

THE BEACH SURF & TURF BURGER (GFO) £20  
Whole Local Lobster Tail – 28 Day Dry-Aged Gloucester Beef Patty – Crisp Lettuce – Tomato  
Cornish Jack – Toasted Sourdough Roll

THE BEACH VEGI BURGER (GFO) (V) £10  
Salt-Baked Beetroot – Feta Cheese – Crisp Lettuce – Tomato – Toasted Sourdough Roll

## SHISH WITH GRILLED FLAT BREADS & TOMATO, CUCUMBER & CORIANDER SALAD

RYELAND LAMB – LEMON – GARLIC – OREGANO £13  
VEGETABLE & HALLOUMI – TZATZIKI DRESSING £13  
MONKFISH – KING PRAWN – MANGO CHILLI DRESSING £16

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## LIGHT BITES & SIDES

SALT & PEPPER SQUID (GFO) £10

Chilli, Coriander & Lime Mayo

POTTED LOCAL CRAB (GFO) £14

Cracked Black Pepper & Chive – Toasted Sourdough

THE BEACH SUPER SALAD (GF) £10

Roasted Sweet Potato – Broccoli – Quinoa – Avocado – Local Egg – Toasted Pine Nuts

Add Smoked Mackerel + £5 • Add Blackened Steak +£5

THE BABY BEACH SUPER SALAD (GF) (V)

SKIN ON FRIES (GF)

## FORGET THE FORK

TACOS

BRISKET OF GLOUCESTER BEEF,  
SLOW-COOKED OVER CHARCOAL £13  
Salsa – Crème Fraîche – Crunchy Slaw

CRISPY BATTERED MACKEREL £13

Salsa – Crème Fraîche – Crunchy Slaw

MUSSELS & SOURDOUGH (GFO) £7

White Wine – Cream – Shallots

Garlic – Tarragon

STICKY BOURBON BBQ WINGS £10

Skin On Fries – Cornish Blue Cheese

Dipping Sauce

Make Them Posh With Parmesan & Truffle Oil £4.50

BBQ CORN ON THE COB (GF) (V) £7

TRIO OF BUTTERS: Scilly Sea Salt, Chilli, Garlic

BURNT ENDS BEANS (GF) (VO) £6

Mixed Cassoulet Of Beans In Our Own Spicy

Tomato Sauce With The Burnt Crispy Ends

From Our Slow Cooked Beef Brisket

## SOMETHING SWEET

BANOFFEE SUNDAE £6.95

Chocolate & Vanilla Ice Cream – Fresh Banana

Biscuit Crumb – Salted Caramel – Chocolate Sauce

WARM CHOCOLATE STOUT CAKE £6.95

(BAKED IN OUR BIG GREEN EGGS)

Orange – Honeycomb

BLUEBERRY & MATCHA CRÈME BRULÉE £6.95

Amoretti Biscuits

ICE CREAM £4

Selection Of Homemade Ice Cream