



--- **BREAKFAST** ---
served until 11:30am

Rest Bay Breakfast (reg/large)	11.0/13.0
<i>butcher's bacon, pork sausage, fried egg, mushrooms, beans, tomatoes, toast</i>	
Breakfast Sandwich	
one item from the Rest Bay breakfast	7.5
two items from the Rest Bay breakfast	8.5
Stuffed Croissant	7.0
<i>mushrooms, brie, bacon</i>	
vegetarian option available (v)	
Eggs Benedict	10.5
<i>ham or bacon, poached eggs, hollandaise sauce, English muffin</i>	
Eggs Avocado (v)	10.5
<i>poached eggs, avocado & feta on toast</i>	
Sweet Potato Rösti (gf)	12.5
<i>chorizo, rocket, poached eggs, chipotle hollandaise sauce</i>	
vegetarian option available (v) 10.5	
Poached Eggs (v)	9.0
<i>two poached eggs, choice of toast</i>	
American Pancake Stack	10.5
<i>crispy bacon, banana, maple syrup</i>	
Garden Brunch (ve)(reg/large)	11.0/13.0
<i>vegan sausage, roasted cherry tomatoes, avocado, spinach, mushrooms, beans, toast</i>	
add Halloumi (v) 2.0	

--- **SANDWICHES** ---

served with salad garnish & slaw
served from 12:30pm to 4pm

Ham & Piccalilli	7.5
Cheddar Cheese & Apple Chutney (v)	7.5
Classic BLT	8.5
Atlantic Prawns & Marie Rose	8.5
Tuna Mayonnaise	8.0
Grilled Chicken	9.0
<i>rocket, tomato & pesto</i>	
Sausage & Red Onion Chutney	8.0
vegan option available	

--- **PANINIS** ---

served with salad garnish & slaw
served from 12:30pm to 4pm

Ham & Mature Cheddar	8.0
Tuna, Mozzarella & Red Onion	8.5
Chicken, Bacon & Mozzarella	8.5
Mediterranean (v)	8.5
<i>mozzarella, feta, spinach, tomato, pesto</i>	
Vegan Cheese, Tomato & Basil (ve)	7.5

--- **LIGHT SNACKS** ---

served from 4pm to 7:30pm

Marinated Olives	5.0
Houmous & Flatbread	6.0
Guacamole & Tortilla Chips	5.0

--- **MAIN MEALS** ---
served from 12:30pm to 7:30pm

Ham & Eggs (gf)	13.0
<i>ham, fried eggs, chips, house salad</i>	
Minted Lamb Chops	16.0
<i>trio of lamb chops, mash, peas, gravy</i>	
Fish & Chips	15.0
<i>beer battered haddock, chips, peas, tartare sauce</i>	
Beef Lasagne	14.0
<i>Italian classic, salad, garlic bread</i>	
Steak Burger	14.5
<i>steak burger, crispy bacon, Cheddar cheese, pickle, chips, relish, slaw</i>	
vegan option available	
Chicken & Avocado Burger	14.5
<i>Cajun chicken, avocado, rocket, mayonnaise, chips, slaw</i>	
Scampi	15.0
<i>wholetail scampi, chips, peas, tartare sauce</i>	
Chicken Schnitzel	14.0
<i>rocket, sun-dried tomatoes, Parmesan salad, lemon</i>	
Teriyaki Salmon	16.0
<i>egg noodles, stir-fry vegetables, sesame, chilli, lime</i>	
Baked Med Veg & Goat's Cheese Pie (v)	14.0
<i>pie, mash, peas, gravy</i>	
dressed salad option available	
Chilli Nachos (v)	13.5
<i>black, kidney & cannellini beans, Cheddar cheese, guacamole, salsa, sour cream</i>	
vegan option available	

--- **SIDES** ---

served from 12:30pm to 7:30pm

Garlic Bread	4.0
Cheesy Garlic Bread	5.0
Chips	4.0
Cheesy Chips	5.0
Salad Bowl	4.0
Onion Rings	4.0
Halloumi Fries	4.0

--- **KIDS CORNER** ---

served from 12:30pm to 7:30pm

Sausage, Chips & Peas or Beans	7.0
Fish Goujons, Chips & Peas or Beans	7.0
Nuggets, Chips & Peas or Beans	7.0
Ham Sandwich	5.0
Cheese Sandwich (v)	5.0



**NO TAKE AWAY FOOD
AVAILABLE FROM CAFE BAR**

Take away food is available from the Surf Shack that is open on weekends and school holidays

All our food is prepared in a kitchen where nuts, cereals containing gluten and other allergens are present and our menu descriptions do not include all ingredients. If you have a food allergy or intolerance, please advise a member of staff to liaise with the chefs before ordering. Dishes containing fish may contain small bones.



--- DRAUGHT BEERS & CIDERS ---

	half	pint
Pravha (4.0%)	2.8	5.5
San Miguel (5.0%)	3.0	6.0
Aspall Cyder (4.6%)	2.8	5.5
Atlantic Pale Ale (4.5%)	2.8	5.5

--- BOTTLED BEERS & CIDERS ---

Corona (4.6%)	4.0
Peroni (5.1%)	4.5
Peroni 0% (0%)	3.5
Rekorderlig Strawberry & Lime (4.0%)	6.5
Rekorderlig Wild Berries (4.0%)	6.5

--- GIN & VODKA ---

	25ml	50ml
Gordon's & G's Pink	3.0	5.0
Bombay Sapphire	3.0	5.0
Flavoured Gin	3.5	5.5
Hendricks	4.0	6.0
Porthcawl Gin	4.2	6.2
Smirnoff	2.8	4.8
Absolut Blue	3.0	5.0
Absolut Citron	3.3	5.3

--- WHISKY & BOURBON ---

	25ml	50ml
Jack Daniel's	3.0	5.0
Jameson	3.5	5.5
Penderyn	4.5	6.5

--- RUM & LIQUOR ---

	25ml	50ml
Bacardi Carta Blanca	3.0	5.0
Kraken Spiced Dark	3.2	5.2
Dead Man's Fingers	3.2	5.2
Malibu	3.0	5.0
Aperol		5.0
Archers Peach Schnapps	3.0	5.0
Tia Maria	3.0	5.0
Disaronno	3.0	5.0

--- HOT DRINKS ---

Americano	3.3
Cappuccino	3.7
Espresso	2.8
Flat White	3.6
Cortado	3.2
Caffè Latte	3.9
Caffè Mocha	3.9
Iced Latte	3.9
Traditional Tea	2.8
Flavoured Teas	3.0
Hot Chocolate	3.9
Flavoured Syrup Shot	0.5
<i>caramel, hazelnut, vanilla, sugar free vanilla</i>	

--- WINE ---

	125ml	175ml	250ml	bt1
WHITE				
Los Picos Reserva Sauvignon Blanc	3.5	4.9	7.0	19.5
Los Picos Reserva Chardonnay	3.5	4.9	7.0	19.5
Villa Albini Pinot Grigio	3.8	5.3	7.5	21.0
Siglo Blanco Rioja	4.5	6.2	8.9	25.0
Scott Base New Zealand Sauvignon Blanc	5.8	8.1	11.5	33.0
RED	125ml	175ml	250ml	bt1
Los Picos Reserva Merlot	3.5	4.9	7.0	19.5
Lunaka Pinot Noir	4.1	5.8	8.2	23.0
El Supremo Malbec Mendoza	4.8	6.7	9.5	27.0
ROSÉ	125ml	175ml	250ml	bt1
Los Picos Reserva Cabernet Rosé	3.5	4.9	7.0	19.5
SPARKLING WINE & CHAMPAGNE			glass	bt1
Luca Botter Prosecco (20cl) Prosecco Doc.				9.0
Borgo Alato (75cl)			6.5	26.0

--- SPRITZ ---

Aperol	8.0
Limoncello	8.0

--- SOFT DRINKS ---

	dash	half	pint
Coca-Cola	0.6	2.0	2.7
Diet Coke	0.6	2.0	2.7
Fanta	0.6	2.0	2.7
Schweppes Lemonade	0.6	2.0	2.7
Fruit Juices <i>(apple, orange, pineapple, cranberry)</i>	0.6	2.0	2.7
Soda & Cordial <i>(lime, orange, blackcurrant, elderflower)</i>		1.7	2.2
San Pellegrino Can			2.3
Coca-Cola Bottle			3.0
Fanta Bottle			2.2
Fruit Box			2.0
Water Can (Still & Sparkling)			2.0
Appletiser			2.8
Energy Drink			3.0
Fruit Shoot			2.0
Schweppes Mixers <i>(slimline tonic, ginger beer, ginger ale, bitter lemon)</i>			2.2