



--- BREAKFAST ---

served until 11:30am

Rest Bay Breakfast (reg/large)	11.0/13.0
butcher's bacon, pork sausage, fried egg, mushrooms, beans, tomatoes, toast	
Breakfast Sandwich	
one item from the Rest Bay breakfast	7.5
two items from the Rest Bay breakfast	8.5
Eggs Benedict	10.5
ham or bacon, poached eggs, hollandaise sauce, English muffin	
Eggs Surfer (v)	10.5
poached eggs, granary toast, guacamole, spicy salsa	
Poached Eggs (v)	9.0
two poached eggs, choice of toast	
American Pancake Stack	11.5
crispy bacon, banana, maple syrup	
Garden Brunch (ve)(reg/large)	11.0/13.0
vegan sausage, roasted cherry tomatoes, avocado, mushrooms, beans, toast	
Granola Bowl (v)	8.0
Greek yoghurt, berry compote, banana, granola, coconut	

--- SANDWICHES ---

served with crisps & salad garnish
served from 12:30pm to 3pm

Ham & Tomato	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
rocket, tomato & pesto	
Sausage & Red Onion Chutney	8.0
vegan option available	

--- PANINIS ---

served with crisps & salad garnish
served from 12:30pm to 3pm

Ham & Mature Cheddar	8.0
Tuna, Mozzarella & Red Onion	8.5
Chicken, Bacon & Mozzarella	8.5
Vegan Cheese, Tomato & Pesto (ve)	8.0

--- JACKET POTATOES ---

served with salad garnish
served from 12:30pm to 3pm

Baked Beans & Mature Cheddar (v)(gf)	8.5
Tuna & Mozzarella (gf)	8.5
Prawn Mayonnaise (gf)	9.0
Three Bean Chilli & Cheese (ve)(gf)	9.0

--- MAIN MEALS ---

served from 12:30pm to 3pm

Ham & Eggs (gf)	13.0
ham, fried eggs, chips, salad garnish	
Fish & Chips	16.0
beer battered haddock, chips, peas	
Welsh Lamb Cawl	14.0
Cheddar cheese, bread and butter	
Beef Lasagne	14.0
Italian classic, salad, garlic bread	
vegetarian option available	
Steak Burger	15.0
steak burger, crispy bacon, Cheddar cheese, pickle, relish, chips	
vegan option available	
Chicken & Avocado Burger	15.0
Cajun chicken, avocado, rocket, mayonnaise, chips	
Scampi	16.0
wholetail scampi, chips, peas	
Chicken Schnitzel	15.0
rocket, sun-dried tomatoes, Parmesan salad, lemon	
Lamb Koftas	16.0
Greek salad, black olives, feta, lemon dressing, rocket, mint yoghurt	
Chicken & Chorizo Salad (gf)	14.5
tomatoes, red onion, peppers, mixed leaf, honey mustard dressing	
Chilli Nachos (v)	14.0
black, kidney & cannellini beans, Cheddar cheese, guacamole, salsa, sour cream	
vegan option available	

--- SIDES ---

served from 12:30pm to 3pm

Coleslaw	2.5
Garlic Bread	4.0
Cheesy Garlic Bread	5.0
Chips	4.0
Cheesy Chips	5.0
Salad Bowl	4.0
Halloumi Fries	5.0

--- KIDS CORNER ---

served from 12:30pm to 3pm

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 FOOD ORDERS BETWEEN
11:30am - 12:30pm



NO TAKE AWAY FOOD
AVAILABLE FROM CAFÉ BAR

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
Peroni (5.0%)	3.3	6.5
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
caramel, hazelnut, vanilla, sugar free vanilla	

--- WINE ---

WHITE	125ml	175ml	250ml	bt1
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
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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
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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)		9.0
Prosecco Doc.		
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 (apple, orange, pineapple, cranberry)	0.6	2.0	2.7
Soda & Cordial (lime, orange, blackcurrant, elderflower)	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 (slimline tonic, ginger beer, ginger ale, bitter lemon)			2.2