



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

Rest Bay Breakfast (reg/large)	10.0/12.0
<i>butcher's bacon, pork sausage, fried egg, mushrooms, beans, tomatoes, toast</i>	
Breakfast Sandwich	
<i>one item from the Rest Bay breakfast</i>	7.0
<i>two items from the Rest Bay breakfast</i>	8.0
Stuffed Croissant	6.5
<i>creamy mushroom, brie, bacon</i>	
<i>vegetarian option available</i>	
Eggs Benedict	9.5
<i>ham or bacon, poached eggs, hollandaise sauce, English muffin</i>	
Eggs Surfer (v)	9.5
<i>poached eggs, granary toast, guacamole, spicy salsa</i>	
Poached Eggs (v)	8.5
<i>two poached eggs, choice of toast</i>	
American Pancake Stack	9.5
<i>crispy bacon, banana, maple syrup</i>	
Vegetarian Breakfast (v)(reg/large)	9.0/11.0
<i>Glamorgan sausage, fried egg, mushrooms, beans, tomatoes, toast</i>	
Vegan Breakfast (ve)(gf)	9.0
<i>vegan sausage, tofu, mushrooms, baked beans, tomatoes, toast</i>	

--- **SANDWICHES** ---

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

Mature Cheddar & Pickle (v)	7.0
Classic BLT	8.0
Atlantic Prawns & Marie Rose	8.0
Tuna Mayonnaise	7.5
Sausage & Red Onion Chutney	7.5
<i>vegan option available</i>	

Gluten free sandwiches available on request

--- **PANINIS** ---

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

Ham & Mature Cheddar	7.5
Tuna, Mozzarella & Red Onion	8.0
Chicken, Bacon & Mozzarella	8.0
Vegan Cheese, Tomato & Basil (ve)	7.0

--- **JACKET POTATOES** ---

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

Baked Beans & Mature Cheddar (v)(gf)	7.5
Tuna & Mozzarella (gf)	8.0
Curried Chicken (gf)	8.5
Prawn Mayonnaise (gf)	8.5
Three Bean Chilli & Cheese (ve)(gf)	7.5

--- **MAIN MEALS** ---
served from 12:30pm to 4pm

Ham & Eggs (gf)	12.0
<i>ham, fried eggs, chips, house salad</i>	
Bangers & Mash	12.5
<i>Cumberland sausage, mustard mash, peas, gravy</i>	
Fish & Chips	13.0
<i>battered haddock, chips, peas, tartare sauce</i>	
Chicken Curry	14.0
<i>chicken tikka masala, boiled rice, mango chutney, naan bread</i>	
<i>gluten free option available</i>	
Steak Burger	13.5
<i>steak burger, crispy bacon, Cheddar cheese, pickle, chips, relish, slaw</i>	
Chicken & Avocado Burger	13.5
<i>cajun chicken, avocado, rocket, mayonnaise, chips, slaw</i>	
Scampi	14.0
<i>wholetail scampi, chips, peas, tartare sauce</i>	
Chicken & Chorizo Pasta	14.0
<i>chicken, chorizo, fusilli, tomatoes, spicy salsa, red onion, peppers, Parmesan</i>	
Salmon Fishcakes (gf)	13.0
<i>salmon & dill fishcakes, lemon vinaigrette, green salad, cherry tomatoes, garlic aioli</i>	
Vegetarian Burger (v)	13.0
<i>butternut squash, beetroot, goat's cheese, pickle, chips, relish, slaw</i>	
<i>vegan option available</i>	
Chilli Nachos (v)	13.0
<i>black, kidney & cannellini beans, Cheddar cheese, guacamole, salsa, sour cream</i>	
<i>vegan option available</i>	

--- **SIDES** ---

served from 12:30pm to 4pm

Garlic Bread	3.5
Cheesy Garlic Bread	4.5
Chips	3.5
Cheesy Chips	4.5
Salad Bowl	3.5

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

served from 12:30pm to 4pm

Sausage, Chips & Peas or Beans	6.0
Fish Goujons, Chips & Peas or Beans	6.0
Nuggets, Chips & Peas or Beans	6.0
Ham Sandwich	4.0
Cheese Sandwich (v)	4.0

**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%)	2.5	5.0
San Miguel (5.0%)	2.9	5.8
Aspall Cyder (4.6%)	2.5	5.0
Atlantic Pale Ale (4.5%)	2.6	5.2

--- BOTTLED BEERS & CIDERS ---

Corona (4.6%)	3.8
Peroni (5.1%)	4.0
Peroni 0% (0%)	3.0
Rekorderlig Strawberry & Lime (4.0%)	6.0
Rekorderlig Wild Berries (4.0%)	6.0

--- GIN & VODKA ---

	25ml	50ml
Gordon's	2.8	4.8
Bombay Sapphire	3.0	5.0
Gordon's Pink	3.0	5.0
Whitley Neill Rhubarb & Ginger	3.5	5.5
Hendricks	4.0	6.0
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	2.9
Cappuccino	3.5
Espresso	2.6
Flat White	3.4
Cortado	3.0
Caffè Latte	3.5
Caffè Mocha	3.5
Iced Latte	3.5
Traditional Tea	2.5
Flavoured Teas	2.7
Hot Chocolate	3.7

--- WINE ---

	125ml	175ml	250ml	bt1
WHITE				
Los Picos Reserva Sauvignon Blanc	3.4	4.3	6.3	18.0
Los Picos Reserva Chardonnay	3.4	4.3	6.3	18.0
Villa Albini Pinot Grigio	3.9	5.0	7.5	21.0
Marques De Caceres Viura Blanco Rioja				25.0
Scott Base New Zealand Sauvignon Blanc				32.0
RED	125ml	175ml	250ml	bt1
Los Picos Reserva Merlot	3.4	4.3	6.3	18.0
Los Picos Cabernet Sauvignon	3.4	4.3	6.3	18.0
Lunaka Pinot Noir				23.0
Familia Gascon Malbec				27.0
ROSÉ	125ml	175ml	250ml	bt1
Los Picos Reserva Cabernet Rosé	3.4	4.3	6.3	18.0
SPARKLING WINE & CHAMPAGNE				
Luca Botter Prosecco (20cl)				9.0
Proseco Doc. Borgo Alato (75cl)				25.0

All wines by glass are also available in 125ml MEASURES.

--- SOFT DRINKS ---

	dash	half	pint
Coca-Cola	0.5	1.8	2.5
Diet Coke	0.5	1.8	2.5
Fanta	0.5	1.8	2.5
Schweppes Lemonade	0.5	1.8	2.5
Fruit Juices (apple, orange, pineapple, cranberry)	0.5	1.8	2.5
Soda & Cordial (lime, orange, blackcurrant, elderflower)		1.5	2.0
San Pellegrino Can			2.0
Coca-Cola Bottle			2.0
Fanta Bottle			2.0
Fruit Box			1.5
Water Can (Still & Sparkling)			1.5
Appletiser			2.6
Energy Drink			2.5
Fruit Shoot			1.8
Schweppes Mixers (slimline tonic, ginger beer, ginger ale, tomato juice, bitter lemon)			2.0