



--- BREAKFAST ---

served 'till 11:30am

Rest Bay Breakfast (reg/large)	8.0/10.0
<i>butcher's bacon, pork sausage, fried egg, mushrooms, beans, tomatoes, toast</i>	
Breakfast Sandwich	6.0
<i>two items from the Rest Bay breakfast</i>	
Eggs Benedict	8.0
<i>ham or bacon, poached eggs, sourdough bread, crisp bacon, hollandaise sauce</i>	
Eggs Royale	9.0
<i>smoked salmon, poached eggs, sourdough bread, hollandaise sauce</i>	
Eggs Florentine (v)	7.5
<i>buttered spinach, poached eggs, sourdough bread, hollandaise sauce</i>	
Smoked Salmon & Scrambled Eggs (gf)	9.0
<i>sourdough bread, buttered spinach, scrambled eggs, fines herbs</i>	
Eggs Surfer	8.0
<i>Poached eggs, sourdough bread, guacamole, spicy salsa</i>	
Vegetarian Breakfast (v)(reg /large)	7.0/9.0
<i>Glamorgan sausage, fried eggs, mushrooms, beans, tomatoes, toast</i>	
Vegan Breakfast (ve)(gf)	7.0
<i>vegan sausage, tofu, mushrooms, beans, tomatoes</i>	
Granola (v)	6.0
<i>yoghurt, milk, honey, blueberries</i>	

--- SANDWICHES ---

served with salad garnish & slaw

served midday to 4pm

Ham & Piccalilli	6.0
Mature Cheddar & Pickle (v)	5.5
Ham, Mature Cheddar & Red Onion	6.5
Atlantic Prawns & Marie Rose	7.0
Smoked Salmon, Cream Cheese	7.5
Chicken Blt	7.5

Gluten free sandwiches available on request

--- PANINIS ---

served with salad garnish & slaw

served midday to 4pm

Ham, Mature Cheddar, Red Onion	6.5
Tuna, Mozzarella & Basil Oil	6.5
Chicken, Bacon, Mozzarella, Tomato	7.5
Roasted Pepper & Halloumi (v)	6.5

--- JACKET POTATOES ---

served with salad garnish & slaw

served midday to 4pm

Baked Beans & Mature Cheddar (gf)	7.0
Tuna & Mozzarella (gf)	7.0
Atlantic Prawns & Marie Rose (gf)	7.5
Chicken, Bacon & Mozzarella (gf)	8.0
Roasted Pepper & Halloumi (v)(gf)	7.0
Three Bean Chilli (ve)(gf)	6.5

--- MAIN MEALS ---

served after midday

Ham & Eggs	9.0
<i>Ham, fried eggs, chips, house salad</i>	
All Day Brunch	11.0
<i>butcher's bacon, pork sausage, fried egg, mushrooms, chips, beans, tomatoes</i>	
Welsh Cheddar & Ham Ploughmans	11.5
<i>Classic ploughmans with ham, cheese, crusty bread & pickle</i>	
Fish & Chips	12.5
<i>fish goujons, chips, peas, tartare sauce</i>	
Steak Burger	13.5
<i>steak burger, crisp bacon, smoked applewood cheese, pickle, chips, relish</i>	
Chicken Burger	13.5
<i>jerk seasoned chicken breast, mango salsa, chips, slaw</i>	
Scampi	13.5
<i>chips, peas, tartare sauce</i>	
Chicken & Bacon Salad	13.0
<i>crisp bacon, chicken, cos lettuce, sourdough crouton, blue cheese dressing</i>	
Mediterranean Vegetable Tartlet (v)	12.5
<i>Crisp pastry, Mediterranean vegetables, spiced cous cous & vinegarette</i>	
Vegetarian Burger (v)	12.5
<i>butternut squash, beetroot, goat's cheese, pickle, chips, relish.</i>	
Smokey Three Bean Chilli (ve)(gf)	11.0
<i>Black, kidney & cannellini beans, spiced cous cous</i>	

--- SIDES ---

served after midday

Garlic Bread	3.0
Side Salad	3.0
Chips	3.0

--- KIDS CORNER ---

served after midday

Sausage, Chips & Peas or Beans	5.0
Fish Goujons, Chips & Peas or Beans	5.0
Nuggets, Chips & Peas or Beans	5.0
Cheese or Ham Sandwich	3.0

EVENING SPECIALS served after 5pm, check the TV for today's specials, subject to availability

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%)	2.1	4.2
San Miguel (5.0%)	2.3	4.5
Aspall Cyder (4.6%)	2.1	4.2
Atlantic Pale Ale (4.5%)	2.3	4.5

--- BOTTLED BEERS & CIDERS ---

Corona (4.6%)	3.5
Peroni (5.1%)	3.8
Hop House Lager (5.0%)	4.2
Rekorderlig Strawberry & Lime (4.0%)	5.5
Rekorderlig Wild Berries (4.0%)	5.5

--- GIN & VODKA ---

	25ml	50ml
Gordon's	2.8	4.8
Bombay Sapphire	3.0	5.0
Gin Lane 1751 Vicoria Pink	3.5	5.5
Whitley Neill Rhubarb & Ginger	3.5	5.5
Hendricks	3.5	5.5
Smirnoff	2.8	4.8
Absolut Blue	3.0	5.0
Absolut Citron	3.3	5.3
Grey Goose	4.0	6.0

--- WHISKY & BOURBON ---

	25ml	50ml
Jameson	3.0	5.0
Jack Daniel's	3.0	5.0
Glenfiddich	4.5	6.5
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 Finger	3.2	5.2
Malibu	3.0	5.0
Aperol		5.0
Archer's Peach Schnapps	3.0	5.0
Tia Maria	3.0	5.0
Disaronno	3.0	5.0

--- HOT DRINKS ---

Americano	2.5
Cappuccino	3.0
Espresso	2.3
Flat White	3.0
Caffè Latte	3.0
Traditional Tea	2.2
Flavoured Teas	2.4
Hot Chocolate	3.5

--- WINE ---

	175ml	250ml	btl
WHITE			
Los Picos Reserva Sauvignon Blanc	4.0	6.0	17.0
Los Picos Reserva Chardonnay	4.0	6.0	17.0
Villa Albini Pinot Grigio	5.0	7.3	21.0
Obvio Patagonia Sauvignon Blanc			23.0
Marques De Caceres Viura Blanco Rioja			25.0
RED	175ml	250ml	btl
Los Picos Reserva Merlot	4.0	6.0	17.0
Los Picos Reserva Cabernet Sauvignon	4.0	6.0	17.0
Lunaka Pinot Noir	5.0	7.3	21.0
Obvio Patagonia Malbec			23.0
Marques De Caceres Cuvee Especial Crianza Rioja			25.0
ROSÉ	175ml	250ml	btl
Los Picos Reserva Cabernet Rose	4.0	6.0	17.0
SPARKLING WINE & CHAMPAGNE			
Luca Botter Prosecco (20cl)			7.5
Proseco Doc. Borgo Alato (75cl)			24.0
Laurent Perrier Rose (75cl)			85.0

All wines by glass are also available in 125ml

--- SOFT DRINKS ---

	dash	half	pint
Coca-Cola	0.5	1.8	2.5
Coke Zero	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

--- BOTTLED SOFT DRINKS ---

Fruit Box	1.2
Water Can (Still & Sparkling)	1.5
Appletiser	2.5
Energy Drink	2.0
Fruit Shoot	1.5
Schweppes Mixers (slipline tonic, ginger beer, ginger ale, tomato juice, bitter lemon)	2.0