



--- BREAKFAST ---

served until 11:30am

Rest Bay Breakfast (reg/large)	8.5/10.5
<i>butcher's bacon, pork sausage, fried egg, mushrooms, beans, tomatoes, toast</i>	
Breakfast Sandwich	
one item from the Rest Bay breakfast	6.0
two items from the Rest Bay breakfast	7.0
Eggs Benedict	8.0
<i>ham or bacon, poached eggs, hollandaise sauce, English muffin</i>	
Eggs Florentine (v)	8.0
<i>buttered spinach, poached eggs, hollandaise sauce, English muffin</i>	
Eggs Surfer (v)	8.0
<i>poached eggs, granary toast, guacamole, spicy salsa</i>	
Sweet Potato Rösti (gf)	8.5
<i>chorizo, wilted spinach, poached eggs, chipotle hollandaise sauce</i>	
<i>vegetarian option available - 7.5</i>	
American Pancake Stack	8.0
<i>crispy bacon, banana, maple syrup</i>	
Vegetarian Breakfast (v)(reg /large)	7.5/9.5
<i>Glamorgan sausage, fried egg, mushrooms, beans, tomatoes, toast</i>	
Vegan Breakfast (ve)(gf)	8.0
<i>vegan sausage, tofu, mushrooms, wilted spinach, tomatoes, toast</i>	
Buttermilk Pancakes (v)	6.5
<i>yoghurt, berry compote</i>	
Royal Granola (v)	6.0
<i>yoghurt, berry compote, milk</i>	
<i>vegan option available</i>	

--- SANDWICHES ---

served with salad garnish & slaw

served from midday to 4pm

Ham & Mustard	6.5
Mature Cheddar & Pickle (v)	6.0
Classic BLT	7.0
Atlantic Prawns & Marie Rose	7.5
Tuna Mayonnaise	7.0
Sausage & Red Onion Chutney	7.0
<i>vegan option available</i>	

Gluten free sandwiches available on request

--- PANINIS ---

served with salad garnish & slaw

served from midday to 4pm

Ham & Mature Cheddar	7.0
Tuna, Mozzarella & Red Onion	7.5
Chicken, Bacon & Mozzarella	7.5
Harissa Roasted Peppers & Halloumi(v)	7.0
Vegan Cheese & Tomato (ve)	6.5

--- MAIN MEALS ---

served from midday to 7:30pm

Ham & Eggs (gf)	10.5
<i>ham, fried eggs, chips, house salad</i>	
Fish & Chips	12.5
<i>battered haddock, chips, peas, tartare sauce</i>	
Steak Burger	13.5
<i>steak burger, crisp bacon, Cheddar cheese, pickle, chips, relish, slaw</i>	
Chicken & Avocado Burger	13.5
<i>cajun chicken, avocado, rocket, mayonnaise, chips, slaw</i>	
Scampi	13.5
<i>chips, peas, tartare sauce</i>	
Prawn Cocktail Salad	13.0
<i>prawns, Marie Rose sauce, baby gem, avocado, cherry tomato</i>	
Chicken & Chorizo Salad (gf)	13.0
<i>chicken, chorizo, confit tomatoes, red onion, peppers, mixed leaf, honey mustard dressing</i>	
Vegetarian Burger (v)	12.5
<i>butternut squash, beetroot, goat's cheese, pickle, chips, relish, slaw</i>	
<i>vegan option available</i>	
Walnut & Blue Cheese Salad (v)	12.5
<i>blue cheese, poached pear, rocket, toasted walnuts, honey mustard dressing</i>	
Chilli Nachos (v)	12.0
<i>black, kidney & cannellini beans, Cheddar cheese, guacamole, salsa, sour cream</i>	
<i>vegan option available</i>	

--- LIGHT SNACKS ---

served from 4pm to 7:30pm

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

--- SIDES ---

served from midday to 7:30pm

Garlic Bread	3.5
Salad Bowl	3.5
Chips	3.5

--- KIDS CORNER ---

served from midday to 7:30pm

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

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%)	2.3	4.5
San Miguel (5.0%)	2.8	5.5
Aspall Cyder (4.6%)	2.3	4.5
Atlantic Pale Ale (4.5%)	2.5	5.0

--- BOTTLED BEERS & CIDERS ---

Corona (4.6%)	3.5
Peroni (5.1%)	3.8
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	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
Jameson	3.0	5.0
Jack Daniel's	3.0	5.0
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	2.5
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	bt1
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	7.5	21.0
Marques De Caceres Viura Blanco Rioja			25.0
Scott Base New Zealand Sauvignon Blanc			32.0
RED	175ml	250ml	bt1
Los Picos Reserva Merlot	4.0	6.0	17.0
Los Picos Reserva Cabernet Sauvignon	4.0	6.0	17.0
Lunaka Pinot Noir			22.0
Familia Gascon Malbec			25.0
ROSÉ	175ml	250ml	bt1
Los Picos Reserva Cabernet Rose	4.0	6.0	17.0
SPARKLING WINE & CHAMPAGNE			
Luca Botter Prosecco (20cl)			8.0
Prosecco Doc. Borgo Alato (75cl)			24.0
Laurent Perrier Rose (75cl)			90.0

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

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