

Food served - Monday - Sunday - 12pm - 6pm

The best Cornish produce served in an informal and relaxed atmosphere...plus great views.
Just sit back and let us look after you.

Light Bites and Salads

Freshly made soup £3.95
Daily choice using the freshest local produce, served with a warm bread roll

Cornish Ploughmans £6.50
Traditional ploughmans with home cured honey glazed ham slices, local cheese and a generous portion of chef's homemade chutney. Served with a warm bread roll and dressed leaves

The Bay Caesar Salad £7.95
- add chicken breast to your salad £2.00
Cos lettuce tossed with Caesar dressing topped with lardons of bacon, croutons, a lightly boiled egg, roasted plum tomatoes and shavings of Parmesan

Tuna Nicoise £8.50
Torn salad leaves with flakes of tuna mixed with tomatoes, olives and a hard boiled egg dressed with anchovies

Tapas

*Ideal for anytime of day, good as a light bite for one or perfect for sharing with friends!
Mix and match your favourites from the selection below:*

Spicy Chorizo	Selection of bread with olive oil and balsamic
Hummus with toasted pitta	Mozzarella balls and sun dried tomato
Mixed olives	Sweet peppers stuffed with soft cheese
Chilli and garlic prawns	Slices of melon wrapped with Parma ham

Each item £3.50

Sandwiches

On soft brown or white bread served with salad and kettle crisps

Cornish Cheddar with homemade chutney	£4.95
Home cured honey glazed ham with English mustard	£5.25
Smoked salmon with cream cheese	£6.50
Tuna mayonnaise with cucumber	£5.25
Rare beef with horseradish	£6.00
The Bay Club- Three tier chicken, bacon, Gruyere cheese, lettuce, tomato and mayonnaise	£6.95

Pasta and Risotto

Pasta Carbonara £8.95
*Fresh tagliatelle bound with smoked bacon, onion, white wine, cream and mushrooms.
Served with garlic ciabatta
(This dish can be served as a vegetarian option)*

Spicy Meatballs £10.95
Succulent beef meatballs served on a bed of spaghetti, with rich red wine and tomato sauce

Butternut squash and Sage Risotto (v) £10.50
Roast butternut squash and sage risotto topped with shavings of Parmesan

From the Grill

The Bay Burger £9.25
Flame grilled Cornish beef burger on a toasted bun with smoked bacon, sour cream and potato wedges

Trio of Sausages £9.50
Three Cornish sausages on a bed of wholegrain mustard mashed potato in a red wine and onion reduction

Hot Chicken Salad £10.25
Grilled chicken breast accompanied with buttered new potatoes and a walnut and apple salad

Fish

River Fal Mussels	£6.95 / £11.95
<i>Cooked in white wine, garlic and cream. Served with crusty bread</i>	
Roasted Salmon Fillet	£9.95
<i>Marinated in fresh lemon juice and dill served with a panache of vegetables and new potatoes</i>	
Lemon Sole	£12.95
<i>Whole grilled Cornish lemon sole served with tomato and caper butter, accompanied with buttered new potatoes</i>	
Whole Sardines	£6.50
<i>Simply grilled and served with a herb butter</i>	
Fishcakes	£5.95 / £7.95
<i>Homemade salmon and smoked haddock fishcakes on a bed of dressed leaves and sweet chilli sauce</i>	

Side Dishes

Chunky Chips	£2.95
Garlic Ciabatta	£2.95
Cajun spiced potato wedges	£2.95
Buttered new potatoes	£2.95
Panache of seasonal vegetables	£3.95
Rocket and Parmesan Salad	£3.95

Desserts

Selection of Cornish ice creams	£3.95
Fresh fruit salad with Rodda's Cornish clotted cream	£3.95
Trio of Cornish cheeses	£4.25

Daily Dessert Specials
(please ask a member of the bar staff for today's specials)