

## FOOD SERVED 12 - 6PM

### Light bites

Olives <i>Bowl of mixed marinated olives</i>	£3.00
Sharing platter <i>Selection of cured meats, sun blushed tomatoes, mixed olives, mozzarella, hummus and selection of breads</i>	£6.95
Bay Bar fishcake <i>Homemade fishcake served on a bed of dressed leaves and sweet chilli sauce</i>	£5.95
Freshly made soup <i>Daily choice using the freshest local produce, served with bread</i>	£4.25
Brie Beignets <i>Served with a salad of pickled grapes and celery</i>	£5.95
King prawns <i>Fresh king prawns in a rich, coconut cream sauce with chunky croutons</i>	£5.25

### Sandwiches

Open toasted Bay Caesar sandwich <i>(This dish can be served as a vegetarian option)</i> <i>An open sandwich combining cos lettuce, boiled egg, bacon lardons, tomatoes, fresh parsley and parmernan on toasted bloomer bread</i>	£6.25
The Bay Bar Club - <i>three tier chicken, bacon, Gruyere cheese, lettuce, tomato and mayonnaise, served with kettle chips</i>	£6.95
Open steak sandwich - <i>4oz Sirloin steak served with Dijon mustard and served with kettle chips and salad garnish</i>	£8.95
Cornish cheddar with homemade chutney (v) - <i>on bloomer bread with kettle chips and salad garnish</i>	£4.95
Home cured honey glazed ham with English mustard - <i>on bloomer bread with kettle chips and salad garnish</i>	£5.50

### Fish

Beer battered cod and handcut chips <i>Cod loin in beer batter with handcut chips, peas and home made tartare sauce</i>	£7.95
Local grilled mackerel fillets <i>Marinated and lightly grilled local makeral fillets on a fresh nicoise salad</i>	£6.95
Fragrant medley of fish spring rolls <i>Served with a chilli and coriander dip and dressed salad</i>	£6.75
Pan fried seabass fillet <i>Served with smoked bacon and leek chowder topped with straw potatoes</i>	£7.95
A pave of baked salmon fillet <i>On a bed of aromatic vegetable confit and soft herb pesto</i>	£7.50

### From the grill

The Bay Bar burger <i>Flame grilled homemade beef burger on a toasted bun with Bay Bar relish and handcut chips</i>	£8.95
Cornfed chicken breast <i>Grilled chicken breast served with a chunky spring vegetable barley broth</i>	£7.25
Bay Bar pork and mustard sausages <i>Three sausages made especially for us and served with creamed potato and a rich onion gravy</i>	£6.95
Crispy pork belly <i>Cripy belly of pork served with wilted greens, noisette potatoes and a cider and honey jus</i>	£7.25
Individual beef Bourguignon pie <i>Homemade shortcrust pastry pie served individually with baton carrots and steamed broccoli</i>	£7.95
8oz sirloin steak <i>Cooked to your liking and served with sauteed mushrooms, grilled tomatoes, handcut chips and side salad (add a sauce: Peppercorn £2.95, Blue Cheese £2.95)</i>	£12.95

### Pasta and risotto

Spaghetti carbonara <i>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)</i>	£8.25
Wild mushroom risotto (v) <i>Wild mushroom risotto topped with shavings of Parmesan</i>	£8.95
Sweet pea and roasted red pepper risotto (v) <i>Finished with rich mascapone and topped with shavings of Parmesan</i>	£7.95

### Side dishes

Handcut chips	£3.25	Buttered new potatoes	£2.95
Mashed potato	£3.25	Mixed leaves with tomato and balsamic	£3.95
Garlic bread	£2.95	Garlic bread with cheese	£3.95

### Puddings

Daily special (please see 'Specials Board')	
Selection of Cornish ice creams	£3.95
Fresh fruit salad with Rodda's Cornish clotted cream	£3.95
Trio of Cornish cheeses	£4.25
Cornish Cream Tea - two hot scones with jam, clotted cream and a pot of tea	£4.50

## Evening Bay Bar Menu

Served daily 6 - 9pm

Olives  
£3.00

*Bowl of mixed marinated olives*

Sharing platter  
£6.95

*Selection of cured meats, sun blushed tomatoes,  
mixed olives, mozzarella, hummus  
and selection of breads*

Warm breads  
£3.00

*Warm crusty bread served with olive oil  
and balsamic vinegar*

*For something more substantial,  
try our Bay View Restaurant.*

## Brunch Menu

Served daily 10am - 12noon

Scrambled eggs on toast  
£4.25

*Two slices of white or brown toast, topped  
with creamy yet light scrambled eggs*

Breakfast bloomer  
£5.25

*Thick sliced fresh white bloomer sandwiching  
a hearty mix of sausage, egg and bacon.  
Served with a choice of tomato or brown sauce.*

Toast and preserves  
£3.25

*A basket of toast with a selection  
of preserves. A choice of brown or white bread.*

## Sunday Lunch

Every Sunday 12pm - 6pm

*Enjoy a laid-back atmosphere and great food every Sunday at The Bay. The menu changes weekly but you can be sure there's the traditional Sunday favourites such as roast Sirloin of beef with Yorkshire pudding or chicken breast with a rich gravy and all the trimmings. And for dessert, it will be hard to resist sweet treats such as sticky toffee pudding with toffee sauce or rich apple crumble with creme Anglaise. A fish option is also available.*

Adult: one-course £9.95 / two courses £12.95 / three-courses £14.95

Child: one-course £7.95 / two-courses £10.95 / three-courses £12.95

The Bay is a family business and maintains a strong commitment to the environment and to the local economic and social community. As a large Cornish company we are passionate about our local, natural environment and are committed to buying local produce and using Cornish suppliers wherever possible. Please visit our website [www.newquay-hotels.co.uk](http://www.newquay-hotels.co.uk) for a full list of our suppliers.