



At the Bay Hotel, South Fistral Beach

01637 852221

Please note, the menu is subject to change.

We take the best of Cornwall and combine it with an informal and relaxed atmosphere to provide you with fresh, quality cuisine...and great views. So sit back and let us look after you.

Light Bites and Starters

Soup of the moment (always vegetarian) served with crusty bread	£3.95	Bay Bar fish cakes served with potato wedges and a cool lemon creme	£5.25
Mistolovia - kalamata olives and boscaiola olives with rustic bread, extra virgin olive oil and ten years old balsamic vinegar	£4.25	Three grilled sardines over a toasted ciabatta with a tomato balsamic	£5.95
Roasted Mediterranean vegetable and halloumi ciabatta served with a polouche salad and herb oil	£5.50	Char Grilled tuna steak served with salad and a sweet tomato and balsamic sauce	£6.95

Sandwiches

Cornish cheddar on bloomer bread with tomato and onion chutney, house salad and kettle crisps	£5.45	Roast beef and horseradish, house salad and kettle crisps	£5.95
Baked ham and English mustard, house salad and kettle crisps	£5.95	Cornish crab and prawn served open on brown oatmeal with house salad and kettle crisps	£7.95
Egg and mustard cress house salad and kettle crisps	£4.95	Triple Decker honey BBQ roasted chicken and crispy bacon. With egg mayo, lettuce, tomato and served with kettle crisps and house salad	£7.95
Smoked salmon and cucumber with a dill mayonnaise, house salad and kettle crisps	£6.50		

Salads

A salad of grilled goats cheese, steamed asparagus, rocket and seared cherry tomatoes	£8.95	Classic chicken Caesar salad served with or without anchovies, fresh parmesan shavings and crutons	£8.95
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Pasta

Tomato and fresh herb penne pasta served with fresh parmesan and chives £6.95

Tagliatelle Verdi with roasted vegetables, olives and tomatoes. Served with garlic bread £8.95

Smoked salmon tagliatelle - delicate strips of smoked salmon, spinach and ricotta cheese in a white wine and fresh tarragon cream sauce £8.95

Fish

Beer battered Cod and home made chips, served with caramelised lemons, house salad, home made tartare sauce and bread and butter £9.95

Gremolata tiger prawns panfried with lemon, garlic and flat leaf parsley. Finished with white wine and butter. £7.95

Plump net mussels mariniere style. Served with granary bread £7.95

Seafood Gumbo - rice infused with saffron, chorizo, shrimp, crab, salmon and mussels cooked with fish stock and tomatoes. Served with salad. £12.95

Panfried fillet of salmon served with mediterranean vegetables and pesto £10.95

From the Char Grill

Home made New York burger (10oz) Cooked pink or well done and served with home made chips and salad

Plain £5.95
Cheddar Cheese £6.95
Blue Cheese £7.95
Darango (bacon, cheese, BBQ sauce and chilli sauce) £8.95

8oz Ribeye steak £11.95
8oz Sirloin steak £13.95
8oz Fillet steak £15.95

Cooked to your liking either garni or with a peppercorn sauce. Served with home-made chips and salad garnish.

Sides

Home made chips £2.95

Ciabatta garlic bread £2.95

Spiced potato wedges £2.95

Plain buttered pasta £3.45

House salad £3.95