

LUNCH

SERVED 12.00 NOON

OCEAN ALL DAY BREAKFAST

Two pork sausages, two bacon, two poached eggs, slow roasted tomato, portobello mushroom, hash brown, black pudding baked beans & white or granary toast

AVOCADO ON TOAST (gfo)

Smashed avocado on white or granary toast, roasted cherry vine tomatoes, pumpkin seeds topped with poached eggs

Optional Extras:

Smoked Salmon **3.45**

Bacon **2.25**

Wilted Spinach (v) **1.25**

Portobello Mushroom (v) **1.25**

CALAMARI (gf)

Starters (6)

With a lemon & confit garlic aioli

MONKFISH GOUJONS (gf)

With a lemon & tartare

FISHCAKE

Smoked haddock, mozzarella & spring onion with a dressed house salad & lemon & confit garlic aioli

MOULES MARINIÈRE

Local mussels in a white wine, cream, confit garlic & lemon thyme sauce served with focaccia bread

Starter

Main (with fries)

CATCH OF THE DAY (gf)

Locally caught fish in our beer batter served with chunky chips, mushy peas, house tartare sauce & wedge of lemon

BAY BURGER

Hand pressed steak burger, streaky bacon, gouda, sliced tomato, baby gem lettuce, gherkins & house burger sauce in a toasted seeded brioche bun served with chunky chips & coleslaw topped with homemade onion rings

14.95 **CHICKEN BURGER (gfo)** **16.95**

Buttermilk chicken breast, streaky bacon, gouda, shredded baby gem lettuce & house pepper mayonnaise in a toasted seeded brioche bun served with chunky chips & coleslaw topped with homemade onion rings

11.95 **HALLOUMI BURGER (v) (gfo)** **16.95**

Grilled halloumi slices & smashed avocado, sliced tomato, baby gem lettuce, gherkins & house burger sauce in a toasted brioche bun served with chunky chips & coleslaw topped with homemade onion rings

6oz RUMP STEAK (gf) **17.95**

Cooked medium rare, served with chimichurri, rocket, roasted cherry vine tomatoes, fries & homemade onion rings

8.95 **CHICKEN CAESAR SALAD** **14.95**

Grilled chicken breast, streaky bacon, anchovies, sourdough croutons, baby gem lettuce, shaved parmesan, house Caesar dressing & crispy capers

9.95 **GOATS CHEESE SALAD (v)** **14.95**

Caramelised goats' cheese, beetroot, cucumber, red onion, pomegranate, mixed leaf, balsamic glaze, candied walnuts & ciabatta croute

10.95 **DELI BOARD** **14.95**

Cured meats, mozzarella, mixed olives, sun blushed tomatoes, pickled vegetables, basil pesto, rocket, hummus, infused oil & focaccia

9.95 **MEZZE BOARD** **13.95**

Feta cheese, mixed olives, artichoke hearts, charred pepper, sun blush tomatoes, pickled vegetables, pesto, hummus, infused oil & focaccia

17.95 **MEDITERRANEAN LOADED FRIES (v) (gf)** **13.95**

Marinated feta cheese, oregano, mixed olives, pink pickled onions, cherry tomatoes, cucumber & rocket topped over skin on fries



ADD A MEDIUM GLASS OF WHITE, RED OR ROSE TO YOUR MEAL

5.95



SIDES & LITE BITES

SKIN ON FRIES (v) (gf)
3.45 Add cheese +£1

CHUNKY CHIPS (v) (gf)
4.95 Add cheese +£1

HOMEMADE BAY SLAW (v) (gf)
3.25

GARDEN SALAD (v) (gf)
3.25

MINI MEZZE BOARD (v)
Harlequin olives, focaccia & hummus
7.95

LITE LUNCH

CIABATTAS

Served with a bucket of fries & a dressed house salad

FISH FINGER (gfo) **15.95**

Beer battered fish fingers, mushy peas, house tartare sauce & watercress

PHILLY CHEESESTEAK (gfo) **16.95**

Seared fillet steak, green peppers, fried onions, mature cheddar cheese & pepper mayonnaise

CAPRESE CHICKEN **15.95**

Chicken breast, mozzarella, tomatoes, basil pesto, rocket & balsamic glaze

SANDWICHES

Served on white or granary bread with a dressed house salad, coleslaw & Burt's crisps. **Gluten Free Bread Available.**

EGG MAYONNAISE (v) **9.95**

Free range eggs in a creamy mayonnaise & watercress

PRAWNS **11.95**

In a chilli jam mayonnaise with baby gem, avocado & cucumber

BLT **10.95**

A classic sandwich, bacon, shredded gem, rocket, sliced tomatoes & pepper mayonnaise

CHEDDAR & CARROT CHUTNEY **9.95**

Homemade chutney, with grated cheddar & rocket

PLOUGHMAN'S **11.95**

Ham, cheddar cheese, onion chutney, mayonnaise, sliced red onion, tomato & lettuce

CORONATION CHICKEN **10.95**

Cubed chicken breast in a coronation dressing with baby gem

WRAPS

Served with a bucket of fries & a dressed house salad

CHICKEN, AVOCADO & BACON **15.95**

Grilled chicken breast, streaky bacon, parmesan shavings, avocado, baby gem lettuce and a house pepper mayonnaise

GLAZED HALLOUMI (v) **14.95**

Chilli glazed halloumi, smashed avocado, baby gem lettuce & rocket

SPICED BEETROOT FALAFEL (vg) **13.95**

Hummus, crispy chickpea, tomato & baby gem lettuce