

## BREAKFAST MENU

Full English breakfast.

2 sausages, bacon, fried egg, tomato, hash brown, beans, mushrooms, toast, tea or filter coffee £5.95

Surfers breakfast

Steak, 2 eggs, bacon, sausage, tomato, hash brown, beans, mushrooms, toast, tea or filter coffee.

£7.95

Vegetarian breakfast.

Fried bread, 2 griddled eggs, tomato, hash brown, beans, mushrooms, toast, tea or filter coffee. £4.95

Continental breakfast.

2 croissants, butter and jam, tea or filter coffee.

£2.95

American breakfast. £4.95

2 slices of honey roast ham topped with 2 eggs and served with a couple of hash brown's, tea or filter coffee.

French toast. £3.45

2 slices of fresh bread dipped in egg and fried served with maple syrup and crispy bacon.

Healthy option. £3.95

A freshly prepared bowl of fruit topped with natural yoghurt and honey.

Children's breakfast.

Sausage, egg, beans and toast. £3.00

Beans or egg on toast. £2.50

Beans and egg on toast £2.50

Bacon bap £2.25

Sausage bap £2.25

Egg bap. £2.25

Sausage bacon and egg bap. £3.25

2 slices of toast and jam £1.00

## Fresh filled ciabatta's.

Rare roast beef with horseradish mayo £4.50

Smoked chicken, brie and bacon £4.25

Honey roast ham, westcountry apple chutney and sliced  
tomato £3.95

Mature block cheddar and local pickle £3.25

Bacon, lettuce and tomato £3.75

### Croque monsieur

Ham, cheese, Dijon mustard, mayonnaise sandwich pan  
fried £2.95

All the above served with salad garnish.

Add chips to any of the above for just 1.50

## Pizza's

12" Italian stonebaked pizza take away or eat in.

Margarhita £6.50 classic Italian tomato sauce topped with mozzarella cheese.

All day breakfast pizza  
Sausage, bacon, mushrooms, beans and an egg  
£9.

Add extra toppings of your choice .

Olives, sun dried tomato, pineapple, mushroom.  
£0.75p each

Spicy chicken, ham, pepperoni, tuna £1 each

## **BAY BISTRO SALADS**

**All salads use local grown produce are dressed with a vinagerette and served with ciabatta bread.**

**King prawns wrapped in filo pastry served with sweet chilli sauce. £8.45**

**Mature cheddar cheese, crisp apple, pickled onion and chutney.£6.95**

**Brie, hummous, and black olive£6.95**

**Honey roast ham and boiled egg.£7.45**

**Cornish smoked chicken, brie and crispy bacon. £7.95**

**Rare roast beef salad, with Parmesan croutons and toasted pine nuts. £7.95**

## **BAY BISTRO SIDE ORDERS**

**Bowl of chips £2.25**

**Onion rings £2.25**

**Garlic ciabatta bread £2.25**

**Add cheese for £0.75**

**Add bacon for £0.75**

**Add mushrooms for £0.75**

**Bowl of mixed leaf salad £3.00**

**(Served with an olive oil and balsamic dressing)**

**Bowl of homemade coleslaw £1.00**

**Baked beans £1.00**

**Crusty ciabatta and butter £1.00**

## MAINS

12oz T-Bone steak £13.95

8oz rump steak £10.50

Prime Cornish steak, cooked to your liking, served with chips or jacket, onion rings, salad and topped with garlic and herb butter

Chicken skewers £7.95

Garlic and basil marinated chicken skewers, served with saffron rice and a tomato and yoghurt dip.

Fish and chips £7.45

Beer battered cod and chips served with salad and homemade tartare sauce.

Scampi and chips. £7.45

Wholetail breaded scampi, served with salad, chips and homemade tartare sauce.

Pork in cider.£7.95

Slow braised Cornish pork, with westcountry cider, apples and cream, served with a baked potato.

Honey roast ham. £6.45

Our home baked honey roast ham, thickly sliced, served with 2 eggs, thick cut chips and beans.

Penne Napolitana £5.95

A rich tomato, red pepper, garlic and basil sauce, served over penne pasta, topped with cheddar cheese served with garlic pizza slice.

Curry of the day £7.45

Homemade curry of the day served with pilau rice and poppadum.

Nachos £7.45

Corn chips topped with homemade chilli con carne, cheese, sour cream and homemade salsa.

Vegetable kebabs £6.95

2 fresh vegetable kebabs marinated in garlic, olive oil, lemon and thyme, grilled and served with saffron rice and salad.

Seafood Platter for 2 £18.95

Crisp salad topped with peppered mackerel and smoked salmon, served with cod goujons, scampi, calamari rings, filo pastry prawns, chips, lemon wedges and homemade tartare sauce.

**BAY BISTRO DESSERTS**

**Cheesecake of the day**

**Please check as to today's flavour, homemade,  
served with clotted cream. £4.25**

**Sticky toffee pudding.**

**Homemade sticky toffee pudding served with  
ice cream and butterscotch sauce. £3.95**

**Homemade strawberry creme brûlée**

**Delicious baked creme egg custard with fresh  
strawberries and a caramelised topping. £3.95**

**Bramley apple pie**

**Served with vanilla ice cream or clotted cream.  
£3.50**

**Hot chocolate fudge cake**

**Served with vanilla ice cream or clotted cream.  
£3.75**

**Cornish cream T,**

**2 Homemade scones served with clotted cream,  
strawberry jam and a mug of T. £4**

**Please check for today's freshly made cakes and  
pastries.**