

## Breakfast & brunch

Served from 7:15 til noon

*Breakfast: A slice of buttery toast before work, a healthy kick start to the day, or a relaxed brunch with the papers and a stunning view - whatever breakfast means for you we have just the thing.*

### A Lighter breakfast

Fruit compote with plain organic Yeo Valley yoghurt & granola topping	3.20
Kelloggs cereals or organic muesli [v]	2.15
Porridge with Roddas clotted cream [gf + v]	2.15
2 slices of bread or toast	1.95
Choice of hi-bran white or wholemeal served with Cornish butter or Flora, and Boddington's traditional strawberry preserves, homemade Seville orange marmalade, blossom honey or marmite	

2 fresh butter croissants with preserves [v] or with cheese and ham	2.99 4.50
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### Proper Job Breakfast

<b>Cornish Farmhouse Breakfast</b> with 2 organic free-range eggs (how do you like your eggs – scrambled, poached, boiled or fried?), best West Country back bacon, pork and herb sausage, field mushrooms, grilled tomato & baked beans [gf]	6.95
<b>Or for Veggies</b> the same without sausage or bacon [v]	4.95

<b>Smoked haddock</b> from Matthew Stevens lightly poached	4.95
<b>Add a poached egg [gf]</b>	5.75
<b>2 eggs scrambled</b> with smoked trout [gf]	5.75
<b>Classic Eggs Benedict</b> Poached egg with Parma ham and hollandaise on a muffin	5.75
<b>3 egg omelette</b> [ham, cheese or mushroom] [gf]	5.75

[V] Denotes Vegetarian  
[gf] Denotes gluten free.

*Whilst every effort is made to be extremely careful, it is with regret that we cannot guarantee any of our dishes to be free of nut traces.*

If taken in your room a room service tray charge of £2.50 per person will be added to your bill. All prices include vat @ 20%

## All day dining

Served from noon til 19.00

### Fantastic Value Menu du Jour

Two courses	£11.95
Three courses	£15.95

Extra daily specials depending on the market, ask your waiter for today's

### Smaller dishes

#### a light lunch or a starter

<b>Soup of the day</b> [v + gf]	4.25
<b>Newlyn landed fish soup</b> and roasted garlic croutons	6.50
<b>Poached pears</b> with Cornish Blue cheese, blossom honey and walnuts [v + gf]	5.20
<b>Steamed Fowey mussels</b> in a shallot, garlic and Cornish cider cream sauce [gf]	6.00
<b>Or as a main dish</b>	8.95
<b>Prosciutto ham</b> with herbed olives hummus and balsamic vinegar with olive oil, homemade breads	6.25
<b>Primrose Herd Cornish hog's pudding</b> and bacon salad, red grape and honey dressing	6.25
<b>Artichokes and pickled wild mushrooms</b> on granary toast with pumpkin seed oil [v]	6.25

### The Main event

<b>Linguini pasta</b> tossed in white crabmeat, with red chilli, mixed leaf salad	9.25
<b>Tempura fish</b> with a sweet chilli sauce, baby cress salad	8.95
<b>Handpicked white local crabmeat</b> open sandwich on granary bread with lemon mayonnaise	9.95
<b>Roast Pollack fillet</b> on braised saffron leeks and lemon cream sauce [gf]	11.50
<b>Pan-fried rump steak</b> , baby spinach leaf, straw potatoes and herb hollandaise [gf]	9.95
<b>Cornish wild boar and apple sausages</b> with crushed potatoes and red onion jus	9.95
<b>Baked aubergine</b> and tomato gateaux with wilted baby spinach and balsamic reduction [gf+v]	8.25
<b>Tempura vegetables</b> with a grain mustard aioli and rocket [v]	8.25
<b>Classic omelette Arnold Bennett</b> with St Ives' smoked haddock & Cornish Keltic Gold cheese, chive cream [gf]	8.25

### Extras

Homemade breads, balsamic vinegar with olive oil or butter [v]	2.50
Rocket and micro cress salad [gf + v]	3.00
Straw fries [gf + v]	2.50
Potatoes of the day [gf+ v]	2.50
Panaché of seasonal vegetables [gf+ v]	3.50
Honey and caraway glazed carrots [gf + v]	3.50

### Sandwiches

*A sandwich can be a thing of joy or a soggy disappointment. Our sandwiches are made with tasty bread and filled with the best ingredients, all served with a side of Cornish kettle chips and garnish.*

<b>Classic Club</b> , beloved of fine hotels the world over - a triple decker of chicken, mayo, bacon, lettuce and tomato between 3 lightly toasted slices of white bread	6.95
<b>Prawn mayo</b> with avocado, tomato & fresh basil on either white or brown	7.75
<b>Baked St Ives'</b> ham, tomato and St Anthony's goat's cheese with basil pesto on an oven toasted English muffin	5.95
<b>Hand picked</b> white crab meat open sandwich on granary bread with lemon mayo	10.95

### For little ones (aged 9 and littler)

*The same quality ingredients but in child-friendly combinations.*

<b>Fish of the day</b> served with potatoes and vegetables [gf + v]	5.95
<b>Linguini pasta and cheese</b>	4.00
<b>St Ives' baked ham</b> , organic egg and straw chips	4.95
<b>Cornish pork</b> and herb sausages and mash	4.95
<b>Baked beans on toast</b>	2.95

### Our Food

We only serve you food to which we're proud to put our name. Our experienced kitchen team have been creating exciting dishes using fabulous ingredients for ten years and we know our customers expect something a little bit special when they eat with us. Our all day Brasserie menu is based on the same principles of excellence, quality and good value but is designed to be a little simpler, and to offer a range of choice from sandwiches to a three course lunch.

## A Sweet temptation

### Irresistible anytime

Hazelnut, mascarpone and meringue with espresso coffee yoghurt sauce [gf + v]	5.50
Banana and passion fruit Pavlova [gf + v]	5.50
Orange sorbet with pink grapefruit [gf + v]	4.95

Selection of homemade Ice cream [gf + v]	4.45
Selection of three Cornish cheeses with homemade oatcakes and pickled grapes [v]	6.95

## Scrummy afternoon teas

### Served in style from 2 til 5:30

Afternoon tea is an English tradition, and here at The Bay we want to make sure it's a tradition that never dies out. Tea for two or an excuse for a party, our afternoon tea is worth coming out for.

The Classic Cornish cream tea, with two fresh baked plain scones, Roddas' clotted cream and Boddington's traditional strawberry jam. [v] Per person 6.45

The full indulgence per person 11.99  
Delicious delicate finger sandwiches. Choose your two favourites from cucumber on brown, smoked salmon on brown, baked ham & grain mustard or vintage Menallack & chutney on white or brown.

Irresistible little cakes or home-baked scones – or go wild and have one of each. All served with your choice of traditional leaf tea or Origin cafetiere coffee.

And for a taste of the best of Cornwall, kick back, relax and include a glass of delicious, chilled sparkling Camel Valley Brut 100ml 7.00

## Hot Drinks

### Generous Pots for 1

Tea. Choose from a selection of Twinings leaf, herbal or fruit teas	1.95
Suchards hot chocolate	2.20
Origin blend cafetiere filter coffee	2.15
Cappuccino	1.95
Latte	1.95
Americano	1.95
Espresso solo 1.60 double 2.10	
Macchiato solo 1.70 double 2.20	

## Other Drinks

Coke/Diet Coke	2.30	Lemonade ( ½ pt)	1.20
Hartridges Fruit Juices:		Appletise	2.40
apple, orange, tomato, pineapple, grapefruit	2.10	House Water Still or Sparkling	420ml 1.80 750ml 3.00
J20 Orange & Passion fruit	2.30		
J20 Apple and Mango	2.30		

## House wines

### Rosé and sparkling wines

	By the Glass	Pichet	Bottle
	175ml	250ml	500ml 750ml
Tierra del Rey Chile	4.45	6.25	12.25 16.75
This fragrant wine has a delicate pink colour, clean, summer fruit flavours. Memories of the Mediterranean!!			
Camel Valley – Brut Sparkling Cornwall nv	100ml	7.00	
A traditional Brut style & an excellent alternative to Champagne.			
Prosecco – Casa Defra Italy	100ml	4.75	
A delightful sparkling white wine with aromatic apple & pear flavours.			

### White Wine

Tierra del Rey – Sauvignon Blanc Chile	4.45	6.25	12.25	16.75
A light, breezy Sauvignon from Western Cape- quite dry with classic hints of mown grass and green capsicum.				
Parrot Fish Chenin Blanc South Africa	4.95	6.85	13.75	18.75
Green apple crisp and vibrantly young off dry white with a bit of body				
La Casada – Pinot Grigio Italy	5.00	7.75	14.50	19.95
This is typically light with a delicately honeyed, floral aroma, a dry yet soft palate that is full & rounded.				
Camel Valley – Atlantic Dry Cornwall	6.85	9.85	19.25	28.95
English wine making at its very best, a gorgeously fresh and invigorating white with a touch of zest.				
Picpoul de Pinet France	5.75	8.25	15.50	22.50
Often described as "The Muscadet of the South" this refreshingly steely wine with a zesty finish is perfect with fish and shellfish. Lovely flavour, excellent value.				
Wombat Hill Chardonnay Australia	5.75	8.25	16.00	23.90
A beautifully balanced new world Chardonnay – ripe and buttery with a thread of exhilarating lemon acidity				

### Red wine

Santa Alicia – Merlot Chile	5.00	7.25	13.95	17.25
Smooth in texture and generous in flavour, with ripe black cherry, currant and spice				
Dudley Stone – Shiraz/Cabernet South Africa	4.45	6.75	12.25	16.75
Packed with vibrant fruit, the wine has a ripe berry flavour with a spicy oak style				
La Vigna – Chianti Italy	6.75	9.75	18.45	26.50
Typical Chianti, easy drinking, light, fresh, hint of cherries.				
Campo Lagaza – Tempranillo Spain	4.65	6.85	13.25	18.50
Soft berry- juicy with distinctive Tempranillo notes of damson and cloves				
Pasquiers – Grenache Noir France	4.45	6.25	12.25	16.75
A fruit-rich, red from the Midi. The intense, dark berry fruit carries a touch of sweet spice. Delicious.				
Vina Herminia Excelsus – Tempranillo/Garnacha Spain	6.95	9.85	19.50	29.75
New style Rioja showing an intense bouquet of ripe fruits. Some American oak. Quality wine, great with red meat.				

All wines by the glass except Prosecco & Camel Valley Brut are also available in 125ml. [for a more extensive selection, please ask for our full wine list]

## Beers

Tetley's Bitter	Pint	3.85	Skinnners Betty Stogs 4.5%	500ml	4.25
Bittburger Lager	Pint	4.25	Cornish Orchards Cider Still 5.5%	500ml	4.50
	330ml	3.25	Cornish Orchards Cider Sparkling 5%	500ml	4.50
Sharps Doom Bar 4.2%	500ml	4.25	Schweppes Mixers		1.80
Premium brand Aperitifs	70ml from	3.10	Spirits and Liqueurs	35ml from	3.20