

The background of the entire page is a stylized illustration of tropical foliage. It features large, overlapping leaves in various shades of green, teal, and blue, with some yellow-green leaves at the top right. The leaves have a textured, brush-stroke-like appearance. In the center, there is a teal-colored rounded rectangle with a white border.

MENU

THE BAY

A white, stylized wavy line that curves under the text 'THE BAY'.

A SELECTION OF FRESH FRUIT, HOME BAKED PASTRIES AND OTHER SWEET TREATS  
ARE AVAILABLE AT THE COUNTER DAILY.

## Breakfast

AVAILABLE ALL DAY

### THE BAY'S FULL ENGLISH 10.50

Butcher's sausage, two back bacon rashers, fried egg,  
slice of toast, roast tomato, mushroom, baked beans  
& potato puffs 1,003kcal

### THE VEGGIE BREAKFAST v 9.95

Two Quorn sausages, fried eggs, slice of toast, roast tomato,  
mushroom, baked beans & potato puffs 754kcal

### THE VEGAN BREAKFAST vg 9.95

Two Quorn sausages, roast tomato, mushroom, baked beans,  
potato puffs, a slice of toast & scrambled tofu 613kcal

### BREAKFAST ROLLS/SANDWICHES

Choose from:

GRILLED BACK BACON RASHERS 644kcal 5.95

BUTCHER'S SAUSAGES 902kcal 5.95

FRIED EGGS v 489kcal 5.75

VEGAN QUORN SAUSAGES vg 406kcal 5.75

### AMERICAN STYLE BUTTERMILK PANCAKES v 7.25

Served with maple syrup & a choice of fresh  
banana 497kcal or grilled bacon rashers 731kcal

### FRIED EGGS OR BAKED BEANS ON TOAST v 4.95

Two fried eggs 463kcal or baked beans 490kcal on buttered  
white or granary toast

### TOAST, BUTTER & PRESERVE v 283kcal 4.25

Farmhouse white or granary bread served with a choice of  
Tiptree jam +152kcal, marmalade +151kcal, Nutella +162kcal or  
Marmite +42kcal

## Filled Deli Rolls / Sandwiches

ALL SERVED WITH SALAD GARNISH

FLAKED TUNA MELT (hot) 9.75 1,077kcal / 8.50 1,020kcal

### CORONATION CHICKEN

& CRISP GEM LETTUCE 9.75 763kcal / 8.50 653kcal

### FISH FINGER, GEM LETTUCE

& TARTARE SAUCE 9.75 914kcal / 8.50 857kcal

PRAWN MARIE ROSE 9.75 747kcal / 8.50 641kcal

### GRATED CHEDDAR & GOOSEBERRY

CHUTNEY v 8.75 739kcal / 7.50 682kcal

BACON, BRIE & CRANBERRY 9.75 899kcal / 8.50 842kcal

## Baked Jacket Potatoes

ALL SERVED WITH A SALAD GARNISH

PLAIN WITH BUTTER v gfi 462kcal 7.95

### BAKED BEANS & CHEDDAR

CHEESE v gfi 788kcal 8.95

### CHILLI CON CARNE WITH SOUR

CREAM & JALAPEÑOS 689kcal 9.50

### FLAKED TUNA & CHEDDAR

CHEESE gfi 1,073kcal 9.50

PRAWN MARIE ROSE gfi 792kcal 9.50

CORONATION CHICKEN gfi 814kcal 9.50

## The Bay Classics

### BEER BATTERED FISH & CHIPS 13.50

Hand battered and served with chunky chips, garden peas,  
homemade tartare sauce and a wedge of lemon 1,238kcal

### WHOLETAIL SCAMPI 13.50

Breaded wholetail scampi, chunky chips, garden peas,  
homemade tartare sauce & lemon wedge 867kcal

### BUTCHER'S SAUSAGES gfi 12.50

Two butcher's sausages, free range egg, chunky  
chips & baked beans 1,073kcal

### VEGAN QUORN SAUSAGES vg 11.50

Three griddled vegan Quorn sausages served  
with chunky chips & baked beans 704kcal

### SMASHED DOUBLE CHEESEBURGER 14.95

Two beef patties layered with cheese & onions in a seeded  
grillhouse bun with crisp lettuce, tomato, pickles & red onion.  
Served with chunky chips 1,444kcal

### CHICKEN GOUJONS 12.50

Four breaded chicken goujons served with thick cut chips  
& a mixed side salad 852kcal



v Vegetarian | vg Suitable for vegans

gfi Gluten free ingredients

Please note some dishes may be  
adapted for special dietary requests



## Blackboard Specials

### **TOMATO & BASIL SOUP v 7.50** (vg & gfi option available)

Velvety smooth tomato & basil soup served with herb croutons, crusty roll & butter 437kcal

### **OVEN BAKED BEEF LASAGNE 12.50**

Served with garlic bread & mixed side salad 598kcal

### **MEDITERRANEAN VEGETABLE LASAGNE v 11.95**

Served with garlic bread & mixed side salad 490kcal

### **CHILLI CON CARNE gfi 12.95**

Served with fluffy rice, sour cream, jalapeños & tortilla chips 948kcal

### **THE BAY FISH PIE gfi 13.95**

Tender pieces of fish in a creamy leek sauce topped with cheesy mashed potatoes. Served with garden peas 886kcal

### **KERALAN CAULIFLOWER & RED PEPPER CURRY vg 13.50**

A coconut-based cauliflower & red pepper curry from Southern India, served with steamed basmati rice, flatbread & gooseberry chutney 937kcal

**ADD CHICKEN BREAST gfi 4.00** 144kcal

**ADD PRAWNS gfi 4.00** 139kcal

### **CLASSIC NACHOS v, gfi 9.50**

Topped with melted cheese, jalapeños, tomato salsa & sour cream 1,198kcal

**ADD BEEF CHILLI 3.50** 214kcal

### **LOADED AMERICAN CHUNKY CHIPS gfi 7.95**

Chunky chips topped with melted cheese, crispy bacon bits & fried onions, drizzled with BBQ sauce 1,027kcal

## Food Allergy Notice

Please ask your server or scan here to see full allergen information



Please be aware that we do use all 14 allergens in our kitchens, although we take every precaution to avoid cross contamination traces may be present. All weights are approximate before cooking. Fish may contain small bones.

**Adults need around 2000kcal a day**

## Sides

**CHUNKY CHIPS vg, gfi 782kcal 3.95**

**CHEESY CHIPS v, gfi 968kcal 5.25**

**SIX ONION RINGS vg 355kcal 4.50**

**SIDE SALAD BOWL vg, gfi 87kcal 3.50**

**GARLIC BREAD v 523kcal 4.50**

**MARGHERITA FLATBREAD v 656kcal 6.50**

## Salads

A delicious bowl of dressed salad leaves, tomatoes, cucumber, red onion & crunchy croutons (gfi option available)

Topped with your choice of:

**CHEDDAR CHEESE & CHUTNEY v 590kcal 9.50**

**FLAKED TUNA MAYO 558kcal 9.50**

**CORONATION CHICKEN 524kcal 9.75**

**PRAWN MARIE ROSE 505kcal 9.75**

## Kids' Kitchen

**ADD A CAWSTON PRESS, NINJU JUICE OR VIVA  
FLAVOURED MILK TO ANY KIDS' MEAL FOR 1.35**

### **BEEF LASAGNE v 7.50**

Served with garlic bread & mini salad 445kcal

### **3 oz BEEF BURGER 7.50**

Griddled Butcher's burger served in an unseeded bun with French fries on the side 856kcal

### **FISH FINGERS 7.50**

Two fish fingers served with chips, peas & wedge of lemon 584kcal

### **BUTCHER'S SAUSAGES gfi 7.50** (vg option available)

Served with chunky chips & a choice of beans or peas 904kcal

### **BREADED CHICKEN GOUJONS 7.50**

Two breaded chicken goujons, chunky chips & a choice of beans or peas 624kcal

## Hot Drinks

**CAPPUCCINO** 87kcal **3.50**

**FLAT WHITE** 50kcal **3.25**

**LATTE** 148kcal **3.50**

**AMERICANO** 1kcal **2.75**

**MOCHA** 259kcal **4.00**

**ESPRESSO** 1kcal **2.75**

**ICED COFFEE LATTE** 148kcal **3.95**

**HOT CHOCOLATE** 258kcal **4.25**

**LUXURY HOT CHOCOLATE** 417kcal **5.50**

Velvety hot chocolate topped with whipped cream, marshmallows, chocolate sprinkles & a Cadbury's flake

**POT OF TEA FOR ONE** 49kcal **2.75**

**SPECIALITY FLAVOURED TEAS** 1kcal **2.95**

\*Please note: We also have soy (41kcal per 100ml), almond (23kcal per 100ml), coconut (33kcal per 100ml) or oat milk (61kcal per 100ml) available as a dairy free alternative

## Smoothies

**BERRY GO ROUND** vg gfi **4.95**

Strawberry, raspberry & blackberry 137kcal

**PASH N SHOOT** vg gfi **4.95**

Passion fruit, pineapple & mango 158kcal

**BLUEBERRY THRILL** vg gfi **4.95**

Blueberries, raspberries & flax seeds 179kcal

## Milkshakes

**A FRESHLY BLENDED MILKSHAKE WITH TWO SCOOPS OF VANILLA, STRAWBERRY OR CHOCOLATE ICE CREAM** v 698kcal **5.50**

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