

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, layered appearance with fine lines indicating veins or brushstrokes.

MENU

THE BAY

A simple, white, wavy line graphic that curves upwards at both ends, positioned directly below the text 'THE BAY'.

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

Breakfast

AVAILABLE UNTIL 12 NOON

THE BAY'S FULL ENGLISH (gfi option available) 11.50
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 (gfi option available) 10.50
Two Quorn sausages, fried eggs, slice of toast, roast tomato, mushroom, baked beans & potato puffs 754kcal

THE VEGAN BREAKFAST vg 10.50
Two Quorn sausages, roast tomato, mushroom, baked beans, potato puffs, a slice of toast & scrambled tofu 613kcal

FRIED EGGS OR BAKED BEANS ON TOAST v (gfi option available) 5.50

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

TOAST, BUTTER & PRESERVE v (gfi option available) 263kcal 4.95

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

BREAKFAST ROLLS/SANDWICHES
Choose from:

GRILLED BACK BACON RASHERS 644kcal 6.50
BUTCHER'S SAUSAGES 902kcal 6.50
VEGAN QUORN SAUSAGES vg 406kcal 6.25

KID'S BREAKFAST (gfi option available) 5.95
Choose either back bacon rasher or butcher's sausage with baked beans, a slice of toast & a fried egg 552kcal

KID'S COCO POPS v 3.50
Kellogg's Coco Pops served with a jug of semi skimmed milk 180kcal

v Vegetarian | vg Suitable for vegans
gfi Gluten free ingredients

Please note some dishes may be adapted for special dietary requests

Caution: Food items may be hot

Filled Deli Rolls / Sandwiches

ALL SERVED WITH SALAD GARNISH

FLAKED TUNA MELT (hot) 9.75 998kcal / 8.50 942kcal

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 & TOMATO CHUTNEY v 8.75 739kcal / 7.50 682kcal

SLICED HAM, GRAIN MUSTARD & TOMATO 9.25 568kcal / 7.95 511kcal

THE BAY B.L.T. 9.75 953kcal / 8.50 896kcal

Baked Jacket Potatoes

ALL SERVED WITH A SALAD GARNISH

PLAIN WITH BUTTER v gfi 460kcal 7.95

BAKED BEANS & CHEDDAR CHEESE v gfi 759kcal 8.95

FLAKED TUNA & CHEDDAR CHEESE gfi 1,044kcal 9.75

PRAWN MARIE ROSE gfi 792kcal 9.75

CORONATION CHICKEN gfi 814kcal 9.75

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

MENU AVAILABLE FROM 12 NOON (BREAKFAST 9AM - 12 NOON)

The Bay Classics

BEER BATTERED FISH & CHIPS 13.95

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

Add ons:

POT OF KATSU CURRY SAUCE vg gfi +228kcal 2.00

3 PIECES OF SCAMPI +63kcal 2.50

PICKLED ONION +17kcal 1.00

3 ONION RINGS vg +117kcal 2.50

WHOLETAIL SCAMPI 14.50

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

DOUBLE CHEESEBURGER 15.95

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

BUTTERMILK CHICKEN BURGER 14.95

Crisp buttermilk chicken breast in a seeded grillhouse bun with crisp lettuce, tomato, pickles & red onion. Served with chunky chips 1,014kcal

HAM, EGG & CHIPS gfi 13.25

Sliced gammon ham, free range egg, chunky chips & choice of garden peas 998kcal or baked beans 1059kcal

VEGAN QUORN SAUSAGES vg 11.95

Three vegan Quorn sausages served with chunky chips & choice of garden peas 642kcal or baked beans 704kcal

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

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

OVEN BAKED BEEF LASAGNE 14.50

Served with garlic bread & mixed side salad 815kcal

VEGETABLE LASAGNE v 13.95

Served with garlic bread & mixed side salad 769kcal

JAPANESE KATSU CURRY 15.50

An authentic Japanese curry served with steamed basmati rice 874kcal

Choose from:

BREADED CHICKEN MINI FILLETS +436kcal

CRISPY CAULIFLOWER BITES vg +376kcal

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

Sides

CHUNKY CHIPS vg, gfi 782kcal 3.95

CHEESY CHIPS v, gfi 968kcal 5.50

SIX ONION RINGS vg 355kcal 4.75

SIDE SALAD BOWL vg, gfi 87kcal 3.50

GARLIC BREAD v 523kcal 4.95

Kids' Kitchen

ADD AN INNOCENT WATER, NINJU JUICE OR VIVA FLAVOURED MILK TO ANY KIDS' MEAL FOR 1.50

3 oz BEEF BURGER 7.50

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

BEEF OR VEGGIE LASAGNE 8.50

Served with garlic bread & mini salad 445kcal

FISH FINGERS 7.50

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

BUTCHER'S SAUSAGES gfi 7.50

Served with chunky chips & a choice of beans or peas 904kcal
MAKE IT VEGAN BY SWAPPING TO QUORN SAUSAGES

BREADED CHICKEN GOUJONS 7.50

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



Hot Drinks

CAPPUCCINO 87kcal from **3.75**

FLAT WHITE 50kcal from **3.75**

LATTE 148kcal from **3.75**

AMERICANO 1kcal from **2.95**

MOCHA 259kcal from **4.25**

ESPRESSO 1kcal from **2.95**

CORTADO 46kcal from **3.75**

CHAI LATTE 148kcal from **3.75**

DIRTY CHAI LATTE 149kcal from **4.25**

ICED COFFEE LATTE 148kcal from **3.95**

ICED MATCHA TEA 152kcal from **3.95**

ICED STRAWBERRY MATCHA 203kcal from **4.95**

POT OF TEA FOR ONE 49kcal **2.95**

SPECIALITY FLAVOURED TEAS 1kcal **3.25**

HOT CHOCOLATE 258kcal from **4.50**

LUXURY HOT CHOCOLATE 417kcal from **5.50**

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

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

Smoothies

BERRY GO ROUND vg gfi **5.25**

Strawberry, raspberry & blackberry 137kcal

PASH N SHOOT vg gfi **5.25**

Passion fruit, pineapple & mango 158kcal

Milkshakes

A FRESHLY BLENDED MILKSHAKE WITH TWO SCOOPS OF VANILLA, STRAWBERRY OR CHOCOLATE ICE CREAM v 698kcal **5.95**

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