

FAMILY RUN
Beach Cafe
SINCE 2003

ALL DAY BREAKFAST

Standard Breakfast	7.50
Two bacon, two sausages, egg, beans, grilled tomato and fried break or toast.	
Mini Breakfast	5.50
Bacon, sausage, fried egg, beans, grilled tomato and fried bread or toast.	
Vegetarian Brekafast	7.50
Vegetarian burger or two vegetarian sausages, egg, beans, grilled tomato, hash brown and fried bread or toast.	
Vegetarian Mini Breakfast	5.50
Vegetarian sausage, egg, beans, grilled tomato, hash brown and fried bread or toast.	
Breakfast Items (create your own breakfast)	1.55
Bacon, sauasage, egg, beans, two hash browns, grilled tomatoes.	
Egg on Toast	4.75
Fried, scrambled or poached egg.	
Beans on Toast	4.75
Bacon Barm	4.75
Sausage Barm	4.75
Fried Egg Barm	4.75
Toasted Teacake	1.95
Toast	0.95
White, wholemeal or gluten free.	

SALADS

Prawn Salad	8.95
Chilled prawns, rocket, cherry tomatoes, cucumber, red onions and peppers, with lemon, marie rose or sweet chilli dressing.	
Traditional Salads	8.95
Ham, grated cheese or tuna mayonaise salad, with rocket, cherry tomatoes, cucumber, red onions and peppers.	

TRADITIONAL FAVOURITES

6 oz Beefburger or Vegetarian Burger	7.95
on a barmcake wih lettuce, tomato & onion.	
Crispy Chicken Burger	7.95
on a barmcake wih lettuce, tomato & onion.	
Hot Beef Barm, Fried Onions & Gravy	7.95
Silverside of beef in a rich pan roast gravy with sauteed onions, served with chips or a dressed salad.	
Omlettes	7.95
with chips or salad garnish.	
Fillings: cheese, ham, bacon, peppers, tuna.	
Jacket Potato	6.25
with a salad garnish.	
Fillings: cheese, beans, ham, bacon, tuna mayo.	
Prawn £1 extra.	
Toasted Sandwich	5.75
with a salad garnish.	
Fillings: cheese, ham, tuna mayo or bacon.	
Chargrilled Chicken Skewers	7.95
with rice or salad, and a honey and soy dip.	
Thai Red Vegetable Curry Vegan	7.95
An authentic style sauce with coconut, red peppers, red and green chilli, garlic and Thai basil. Served with rice.	
Southern Fried Chicken Goujons	7.95
with chips or rice.	
<i>Product is gluten free, but not cooked in a seperate fryer.</i>	
Bacon, Egg & Chips	6.95
Sausage, Egg & Chips	6.95
Double Egg & Chips	5.95
Popcorn Chicken & Chips or Chicken Nuggetts & Chips	6.95
	Adult 4.80
	Child 4.80
Sandwiches	3.50
Served on white, wholemeal or gluten free bread.	
Fillings: Ham, cheese, beef and tuna mayonaise. Prawn £1 extra.	
EXTRAS	
Portion of chips	3.10
Chip Barm	3.95
Mushy Peas	0.75
Beans	0.75
Gravy	0.75

FISH & SEAFOOD

Fresh Haddock	9.50
Battered or grilled, served with chips and mushy peas.	
Lightly Spiced Haddock	9.50
Grilled with butter, lemon juice and chilli flakes, served with chips and a salad garnish.	
Scampi	10.95
Breaded wholetail scampi, with chips and a salad garnish.	
Salmon and Dill Fishcakes	9.50
Wish a dressed salad, chips and chefs own tartare sauce.	
Fish Finger Goujons & Chips	7.95
	Adult 7.95
	Child 4.80
Fish Finger Goujon Barm	6.25
Sizzling hot breaded fish fingers served on a barmcake with rocket salad,with a mayo dip on the side.	
Popcorn Shrimp	7.95
with sweet chilli dip and rice or chips.	
Salt & Pepper Squid	7.95
with sweet chilli dip and rice or chips.	

DRINKS

	Small	Large
Tea		2.10
Special Organic Teas		2.50
House Milky Coffee	2.15	2.40
Latte	2.60	3.15
Chai Spiced Latte	2.60	3.15
Cappuccino	2.60	2.95
Flat White		2.95
Macciato		2.50
Espresso	1.95	2.15
Americano		2.55
Mocha		3.15
Add Coffee Syrups		0.40
Hot Chocolate		2.60
Whipped Cream		0.50
Marshmallows		0.50
Coca Cola, Diet Coke, Orangeade, Vimto	1.60	2.25
Bottled Water		1.60

SEE FRIDGES INSIDE FOR OTHER DRINKS, SNACKS AND CAKES.