

FAMILY RUN
Beach Cafe

SINCE 2003

ALL DAY BREAKFAST

Standard Breakfast	7.50
Two bacon, two sausages, egg, beans, grilled tomato and fried bread or toast.	
Big Breakfast	9.50
Two bacon, two sausages, two eggs, black pudding, hash brown, beans, grilled tomato and fried bread or toast	
Mini Breakfast	5.50
Bacon, sausage, fried egg, beans, grilled tomato and fried bread or toast.	
Scrambled or Poached Egg and Smoked Salmon	7.50
Served with white or wholemeal toast and a salad garnish	
Vegetarian Breakfast (*)	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, sausage, 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	
Ham, grated cheese or tuna mayonnaise salad, with rocket, cherry tomatoes, cucumber, red onions and peppers.	
Feta Cheese and Walnut Salad	8.95
Feta Cheese , rocket, cherry tomatoes, cucumber, peppers, red onions, olives, walnuts and a lemon dressing	

TRADITIONAL FAVOURITES

6 oz Beefburger or Vegetarian Burger (*)	7.95
on a barmcake wih lettuce, tomato & onion. add cheese 0.60	
Crispy Chicken Burger	7.95
on a barmcake wih lettuce, tomato & onion. add cheese 0.60	
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.	
Steak Pie	8.50
Tender pieces of beef in a rich red wine gravy with a puff pastry lid. Served with chips or new potatoes and mushy peas	
Omelette	7.95
with chips or salad garnish. One filling 7.95	
Fillings: cheese, ham, bacon, peppers, tuna. Additional filling 1.75	
Jacket Potato	6.25
with a salad garnish. One filling 6.25	
Fillings: cheese, beans, ham, bacon, tuna mayo,chilli (Prawn £1 extra) Additional filling 1.25	
Toasted Sandwich	5.75
with a salad garnish. One filling 5.75	
Fillings: cheese, ham, tuna mayo or bacon. Additional filling 0.95	
Chargrilled Chicken Skewers	7.95
with rice or salad, and a honey and soy dip.	
Chilli	8.75
Homemade beef chilli, with rice or chips and cheese nachos	
Chilli Nachos	7.75
Beef Chilli served on a bed of nachos glazed with cheese	
Thai Red Vegetable Curry 	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, new potatoes or rice.	
Bacon, Egg & Chips	6.95
Sausage, Egg & Chips	6.95
Double Egg & Chips	5.95
Popcorn Chicken & Chips (adult)	6.95
Chicken Nuggets & Chips (adult)	6.95
Sandwiches	3.50
Served on white or wholemeal bread. Fillings: Ham, cheese, beef and tuna mayonnaise. Prawn £1 extra.	

FISH & SEAFOOD

Fresh Haddock	9.50
Battered or grilled, served with chips or new potatoes and mushy peas.	
Lightly Spiced Haddock	9.50
Grilled with butter, lemon juice and chilli flakes, served with chips or new potatoes and a salad garnish.	
Scampi	10.95
Breaded wholetail scampi, with chips or new potatoes and a salad garnish.	
Salmon and Dill Fishcakes	8.95
With a dressed salad, chips or new potatoes and chefs own tartare sauce.	
Fish Finger Goujons & Chips	7.95
Sizzling hot fish fingers, served with chips	
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.	
Salt & Pepper Squid	7.95
with sweet chilli dip and rice or chips.	

CHILDRENS MENU

All served with chips, rice, new potatoes or salad
Add beans or mushy peas for 50p

Popcorn Chicken	4.80
Chicken Nuggets	4.80
Fish Finger Goujons	4.80
Sausage	4.80
Vegetarian Sausage (*)	4.80
Chargrilled Chicken Skewers	4.80
With a honey and soy dip	

EXTRAS

Portion of chips	3.10
Chip Barm	3.95
Mushy Peas	0.75
Beans	0.75
Gravy	0.75

()contains items cooked in same oil as meat and fish dishes*

SEE HOT DRINKS MENU INSIDE CAFE

SEE FRIDGES INSIDE FOR OTHER DRINKS, SNACKS AND CAKES.