

WHILE YOU WAIT

Homemade focaccia £6.50

oil, balsamic, butter (wg, su, m)

Harlequin olives £4

STARTERS

Soup of the day £9

with a crusty roll (v, m, wg)

Ham hock fritter £10.50

piccalilli, watercress (e, wg, mu, su)

Rosemary baked camembert

(to share) £14

caramelised & crispy onions, focaccia,
salad (wg, m, su, mu)

Cider battered fish bites £9.50

tartare sauce, charred lemon (e, su, f)

CLASSICS

Roasted squash & Cornish blue cheese tart £16.50

pickled walnut dressing, rocket salad,
toasted seeds (v, m, n, su, wg e)

Pan fried hake fillet £18.50

olive oil mash potato, spinach, red
pepper relish (f, m, Su)

Cider battered haddock £19

chunky chips, tartare sauce, minted
pea puree, charred lemon (e, su, f)

Honey mustard glazed ham £17

chunky chips, two fried eggs (e, mu)

Caesar salad £13

baby gem, anchovies, boiled egg,
crispy ham, parmesan (f, e, m)
add chicken +£5

Hunters chicken £18.50

smoked bacon, BBQ sauce, melted
cheddar, chunky chips, house slaw
(m, su)

BURGERS

6oz Cornish beef burger £17

brioche bun, emmental cheese,
sun blushed tomato ketchup,
burger sauce, baby gem,
crispy onions, skinny fries
(m, wg, su, e)

Halloumi burger £17

brioche bun, sun blushed tomato
ketchup, baby gem, crispy onions,
skinny fries
(v, wg, su, e, m)

'Moving Mountain' burger £17

vegan brioche bun, sun blushed
tomato ketchup, burger sauce,
baby gem, crispy onions,
skinny fries
(ve, wg, su,)

SANDWICHES

SERVED 12PM - 4PM

*Sandwiches on white or malted bloomer or
warm bap, with coleslaw, crisps and salad*

Golfer's bap £10

1 bacon, 1 sausage, 1 egg,
1 mushroom (su, wg, e)

Brie, bacon & cranberry toastie £11.50

(m, wg, Su)

Rare roast beef & caramelised onions £12.50

horseradish mayo (e, mu, Su, wg)

Cider-battered fish finger sandwich £14.50

baby gem, tartare sauce (f, e, su, wg)

Prawn Marie Rose £13.50

baby gem (cr, e, m, su, wg)

Parking: Please don't forget to register your car before you leave
(if you haven't already done so) to avoid a fine

Allergen Key:

wg – wheat gluten | m – milk | e – egg | su – sulphites | mu – mustard | f – fish | mo – mollusc |
cr – crustacean | ve – vegan | v – vegetarian | n – nuts | tn – tree nuts

JACKET POTATOES

SERVED 12PM - 4PM

Served with coleslaw & dressed salad

Cheese £9
(v, m)

Beans £8.50
(ve, su)

Beans & cheese £9.75
(v, m, su)

Tuna £10
(f)

PIZZAS

Sourdough base

Margherita £12.50
Tomato & basil sauce, mozzarella
(v, m, wg)

BBQ chicken & bacon £16
BBQ sauce, mozzarella, roast chicken,
smoked streaky bacon, red onion
(m, wg, su)

LOADED FRIES

Pulled beef fries £10.50
Crispy onions, sweet onion mayo,
smoked cheddar
(e, m, su, wg)

SIDES

Skinny fries £5.00
add cheese +£2.50 (m)

**Mixed leaf salad with french
dressing (su, mu) £7**
add crispy onions +£1 (su, mu, wg)

Chunky chips £5.50
add cheese +£2.50 (m)

DESSERTS

All £8

Caramelised white chocolate mousse
roasted pear, gingerbread crumb (m, e, wg)

Apple & blackberry crumble
vanilla ice-cream (wg, m, su, e)

Vanilla & rum panna cotta
caramelised apple compote, shortbread (m, wg)

Vegan chocolate brownie
salted caramel sauce, blackcurrant sorbet (ve)

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Sunday Lunch



SMALL PLATES

Soup of the day
served with a bread roll

8.75

Cider battered fish bites (F,SU,E)
tartar sauce, charred lemon

9.50

Breaded Brie Bites (G, m, e)
Cranberry mayo, rocket, toasted seeds

8

CARVERY

Head to our carvery to find out **today's selection of meats**

19

or

order your **nut and butternut squash roast** (V,N,G,M)

18

with our waiting team

BIG PLATES

Pan fried Seabass (M, F, Su, N)

18

Fondant potato, buttered sprouts, red wine and cranberry butter, hazelnuts

Moving Mountains Burger

(V, M, SU, WG) 16

Brioche bun, baby gem, cranberry relish, chips

DON'T FORGET TO CHECK OUT OUR DESSERT MENU!

Parking: Please don't forget to register your car before you leave (if you haven't already done so) to avoid a fine



If you have a food allergy or special dietary requirement, please inform a member of staff

Allergens - we are not an allergen free kitchen or bar. Cross contamination could occur, and we are unable to make any guarantees that any food item can be completely allergen free.

G - Gluten | Ce - Celery/Celeriac | Cr - Crustaceans | E - Eggs | F - Fish | Lu - Lupin | M - Milk | Mo - Molluscs | Mu - Mustard | N - Nuts | P - Peanuts
Se - Sesame | So - Soua | Su - Sulphites | V - Vegetarian | Ve - Vegan Gluten Free options available | VGO - Vegan Alternative Optional



Above The Bay
FALMOUTH

CHILDRENS MENU

MAINS

Fish Goujons, Chips and Peas (F) - 8

Chicken Goujons,
Chips & Beans (G, Su, E) - 8

Plant Based Sausage, Chips,
Peas or Beans (G, Su, V) - 8

Tomato Pasta (E, G) - 6

DESSERTS

Brownie & Ice Cream (E, G, M) - 4

Cornish Ice Cream (M) - 4

T&C'S

ONE KIDS' MAIN MEAL FOR £1 WITH EVERY ADULT
MEAL COSTING £12.50 OR MORE.

KIDS' MEAL INCLUDES MAIN ONLY - DESSERTS
AND DRINKS NOT INCLUDED.

FOR CHILDREN AGED 12 AND UNDER.

DINE-IN ONLY. NOT VALID WITH OTHER OFFERS.

OFFER MAY BE WITHDRAWN OR CHANGED AT
ANY TIME.

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Gluten Free options available



KIDS
EAT
FOR £1