



WHILE YOU WAIT

**Homemade focaccia £6.50**

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

**Harlequin olives £4**

**Soup of the day £9**

with a crusty roll (v, m, wg)

**Rosemary baked camembert**

**(to share) £14**

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

**Ham hock fritter £10.50**

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

**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)

**Honey mustard**

**glazed ham £17**

chunky chips, two fried eggs (e, mu)

**Pan fried hake fillet £18.50**

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

**Caesar salad £13**

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

**Cider battered haddock £19**

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

**Hunters chicken £18.50**

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

BURGERS

**6oz Cornish beef burger £17**

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

**Halloumi burger £17**

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

**'Moving Mountain' burger £17**

vegan brøche 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

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## JACKET POTATOES

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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)

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## PIZZAS

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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)

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## LOADED FRIES

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

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## SIDES

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**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)

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## DESSERTS

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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** (V, N, G, M)  
**squash roast**

18

with our waiting team

## BIG PLATES

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

18

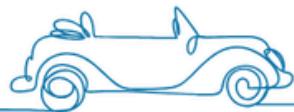
Fondant potato, buttered sprouts, red wine and cranberry butter, hazelnuts

**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 - Soya | Su - Sulphites | V - Vegetarian | Ve - Vegan | GF - Gluten Free options available | VGO - Vegan Alternative | OPT - 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

