



THE  
SECRET  
BEACH BAR & KITCHEN

Served til 12pm

## Breakfast

**Secret Breakfast** **GFA/DFA** **9**  
Pork & leek sausage, streaky bacon, egg your way, field mushroom, vine-on tomatoes, hash brown, pot of beans & toast

**Garden Breakfast** **GFA** **9**  
Sliced avocado, beetroot hummus, field mushroom, vine on tomato, veggie sausage, hash brown, pot of beans & toast

**Welsh Breakfast** **GFA/DFA** **9.5**  
Laverbread sausage, streaky bacon, cockles, eggs your way, field mushroom, vine-on tomatoes, hash brown, pot of beans & toast

**Huevos Rancheros** **GFA** **8.9**  
Tomato, red pepper & chickpea ragu, sliced avocado, fried egg, sweetcorn salsa & crumbled feta served on charred sourdough

**Eggs on Toast** **GFA/DFA** **6**  
Poached, scrambled or fried on sourdough

**Sausage Brioche** **GFA/DFA** **5.5**  
Pork & leek or veggie sausage served in a brioche bun

**Bacon Brioche** **GFA** **5.5**  
Stacked streaky bacon served in a brioche bun

**Granola Bowl** **GFA** **6.5**  
Caramelised banana, winter berries, granola & Greek yoghurt

**Toast** **GFA/DFA** **3**  
Fresh sourdough served with Welsh butter & jam

**Teacake** **3.5**  
Served with Welsh butter & jam

## BRUNCH

### EGGS BENNY

Poached eggs, hollandaise sauce, served on a toasted muffin  
**GFA/DFA**

**Classic** **8.9**  
Served with smoked salmon or bacon

**Chicken** **8.9**  
Buttermilk chicken tenders

**Fish** **8.9**  
Beer battered fish goujons

**Belly Pork** **9.9**  
Chargrilled glazed belly pork

**Avocado on Toast** **8**  
Sliced avocado, beetroot hummus, seeds & chilli

**Smoked Salmon on Toast** **GFA** **8**  
Hot flaked salmon, roast courgette, pine nuts and cream cheese

**Welsh Rarebit on Toast** **GFA/DFA** **8**  
Welsh rarebit, bacon & cherry tomatoes

**Steak on Toast** **GFA/DFA** **10.9**  
Flat iron steak served pink, horseradish mayo, sauteed wild mushrooms & parmesan

**ADD** Bacon | Sausage | Hash Browns | Eggs | Beans **3** each | Salmon | Halloumi | Avocado **4** each

## Lunch

**Soup of the Day** **GFA** **5.5**  
Served with fresh bread & Welsh salted butter

**Winter Veg Salad** **VOA/DFA** **8**  
Roasted root vegetables, spiced hummus, salad, pickled red onion, cranberry & crumbled feta

### BAGUETTES

**Peri Mayo Chicken** **GFA/DFA** **8.5**  
Shredded chicken, roast peppers, peri mayo & mixed leaves

**Falafel** **GFA** **7**  
Spiced falafel, curried hummus, sweetcorn salsa & mixed leaves

**Bacon, Welsh Brie & Cranberry Jam** **7.5**  
Smoked bacon, Perl Wen, cranberry jam & mixed leaves

**Fish Finger** **GFA/DFA** **7.5**  
Fish goujons, homemade tartare sauce, iceberg lettuce

**SIDES** Fries | Garlic Bread | Raw Slaw | Garden Salad **3** each | Cheesy Garlic Bread | Parmesan Fries **4** each

**Grilled Chicken** **GFA/DFA** **13.7**  
Skin-on grilled butterfly chicken, mango glaze, chilli mayo, sweetcorn salsa, raw slaw & fries

**Steak Frites** **GFA/DFA** **13.9**  
8oz flat iron steak served pink or well done, with fries, garden salad and peppercorn sauce

**Grilled Butternut Squash** **GFA** **11.9**  
Roast butternut squash, sweet chilli tahini, fresh raw slaw, sweetcorn salsa & fries

**Beer Battered Fish & Chips** **GFA/DFA** **13.5**  
Served with homemade pea puree, fries & tartare sauce

**Grilled Pork Belly** **13.9**  
Chargrilled belly pork, nduja glaze, tomato, red pepper and chickpea ragu & fries

### BURGERS

**Chicken Burger** **GFA/DFA** **12.9**  
Grilled butterfly chicken, baby gem, tomato, fresh raw slaw & fries

Mango Glaze

OR

Nduja Glaze

**Beef Burger** **GFA/DFA** **12.9**  
Welsh beef burger, baby gem, tomato, fresh raw slaw & fries

Rarebit & Bacon

OR

Perl Wen, Bacon & Cranberry

**Halloumi Burger** **12.9**  
Grilled halloumi, baby gem, tomato, fresh raw slaw & fries

Mango Glaze

OR

Jerk Spiced