



Served all day

Cashless

Day Menu

Roast Plum Tomato Soup *GFA/DFA/VOA* **6.0**
Served with Welsh butter & fresh sourdough bread

Avocado on Toast *DFA/GFA* **8.5**
Sliced avocado, beetroot hummus, seeds & chilli served on toasted sourdough

Heritage Tomatoes on Toast *GFA/DFA/VOA* **8.5**
Seasonal heritage tomatoes and mozzarella served on toasted sourdough with green herb drizzle

Fresh Crab on Toast *GFA/DFA* **9.0**
Fresh white crab, cucumber, red pepper and sun-dried tomato pesto served on toasted sourdough

Copper Bay Salmon Salad *GF/DF* **10.5**
Cured smoked salmon, heritage tomatoes, avocado, mixed leaf and a green herb sauce

Secret Chicken Caesar Salad *GFA* **11.9**
Grilled skin on butterfly chicken breast, avocado & buttermilk dressing, baby gem, pickled shallots and sourdough croutons with a green herb drizzle and a sprinkle of parmesan

Fillet of Sea Bass Salad *GFA/DFA* **14.9**
Pan fried bass fillet, cucumber, watermelon and mozzarella salad, green herb sauce

Grilled Chicken **13.9**
Skin-on grilled butterfly chicken breast with pineapple salsa, chilli mayo, mango glaze, fresh raw slaw and fries

Gammon Ham & Eggs *GFA/DFA* **10.5**
Grilled 10oz gammon steak served with two fried eggs, pineapple salsa and side salad

Steak Frites *GFA/DFA* **14.5**
8oz flat iron steak served pink or well done with fries, side salad & homemade peppercorn sauce

Ribeye Steak *GFA/DFA* **18.9**
8oz ribeye steak cooked to your preference with fries, side salad & homemade peppercorn sauce

T-bone Steak *GFA/DFA* **28.0**
16oz T-Bone cooked to your preference served with sautéed shallot & asparagus in garlic butter with a side of fries

Lamb Chops *GFA/DFA* **16.5**
Grilled lamb chops, pea puree, roast asparagus, courgette and gem hearts with green herb sauce and spiced wedges

Fish & Chips *GFA/DFA* **13.9**
Beer battered cod, homemade pea puree, tartare sauce & fries

Grilled Tuna *GFA/DFA* **18.9**
Grilled tuna steak served with red pepper & sundried tomato pesto, heritage tomatoes, spiced wedges and a green herb sauce

Butternut Squash *GFA/DFA* **11.9**
Grilled butternut squash, pineapple salsa, sweet chilli tahini, fresh raw slaw & spiced wedges

SIDES

Fries | Garlic Bread | Raw Slaw | Garden Salad **£3** each

Cheesy Garlic Bread | Parmesan Fries | spiced wedges **£4** each

BAGUETTES

All served with side salad & salted crisps

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

Fish Finger Baguette *GFA/DFA* **8.5**
Fish goujons, homemade tartare sauce & baby gem lettuce

Falafel Baguette *GFA* **7.5**
Spiced falafel, curried hummus, pineapple salsa & mixed leaves

Add fries to your Baguette **3.0**

BURGERS

All served with fresh raw slaw & fries

Beef Burger *GFA/DFA* **12.9**
6oz beef burger, cheddar cheese, smoked streaky bacon, baby gem lettuce & tomato

Chicken Burger *GFA/DFA* **12.9**
Grilled chicken, chilli mayo, baby gem lettuce & tomato

Halloumi Burger *GFA* **12.9**
Grilled halloumi, chilli mayo, baby gem lettuce & tomato

Jerk Jackfruit Burger *GFA/DFA* **12.0**
Jerk spiced BBQ jackfruit, pineapple salsa, baby gem lettuce & tomato

Vegetarian Vegan **GFA** | Gluten free option available **VOA** | Vegan option available **DFA** | Dairy free option available

Please notify our staff of any allergies | www.theseecretswansea.co.uk | @TheSecretSwansea | Secret_Swansea

Track and Trace

Please email us at: trackandtrace@theseecretswansea.co.uk We will need: **full name, phone number, time & date** of visit. If you cannot do this, please speak to a member of staff. Your details will be stored for 21 days & then deleted.



THE
SECRET
BEACH BAR & KITCHEN

Day Menu