

Breakfast

Served until 12 Middy ▼

SECRET BREAKFAST GFA/DFA 9.9

Pork & leek sausage, streaky bacon, egg your way, field mushroom, vine on tomato, hash brown, pot of beans & toast

GARDEN BREAKFAST GFA/ V 9.9

Sliced avocado, beetroot hummus, field mushroom, vine on tomato, veggie sausage, hash brown, pot of beans & toast

WELSH BREAKFAST GFA/DFA 9.9

Laverbread sausage, streaky bacon, fried cockles, egg your way, field mushroom, vine on tomato, hash brown, pot of beans & toast

EGGS ON TOAST GFA/DFA 6.5

Poached, scrambled or fried on sourdough

BACON BRIOCHE GFA/DFA 5.5

Stacked streaky bacon served in a brioche bun

BLUEBERRY BIRCHER BOWL 6.5

Overnight granola with Greek yogurt, fruit compote, fresh blueberries, fig and maple syrup

EGGS BENNY GFA/DFA 8.9

Poached eggs on a toasted brioche with hollandaise sauce and a side of either streaky bacon or smoked salmon

SAUSAGE BRIOCHE GFA/DFA/VOA 5.5

Pork & leek sausage or veggie sausage served in a brioche bun

FRENCH TOAST 7.5

Greek yogurt, mixed berry compote, maple syrup

TEACAKE 3.5

Served with Welsh butter & jam

TOAST GFA/DFA 3.0

Fresh sourdough served with Welsh butter & jam

Sides

BEANS | HASH BROWN | TOMATOES | MUSHROOMS | SAUSAGES | BACON | EGGS

£3 EACH

Served all day ▼

AVOCADO ON TOAST DFA/GFA/ V 8.5

Sliced avocado, beetroot hummus, seeds & chilli served on toasted sourdough

MUSHROOMS ON TOAST GFA/DFA/VOA 8.5

Sautéed mushrooms, spinach and truffle oil served on sourdough toast with a sprinkle of parmesan

FRESH CRAB ON TOAST GFA/DFA 9.5

Fresh white crab meat, cucumber and a red pepper and sun-dried tomato pesto, crushed chilli served on toasted sourdough

BAGUETTES

All served with crisps & raw slaw

Served from 12 Middy ▼

ROAST BEEF BAGUETTE GFA/DFA 9.5

Beef striploin served pink, red pepper pesto & mixed leaf

BRIE & CRANBERRY BAGUETTE GFA/ 8.5

Sliced brie, cranberry sauce & mixed leaf

PERI MAYO CHICKEN GFA/DFA 8.5

Shredded chicken, roast peppers, peri mayo & mixed leaves

FALAFEL GFA/DFA/VOA 7.5

Spice falafel, curried hummus, sweetcorn salsa & mixed leaves

Mains

ROAST ROOT VEGETABLE SOUP GFA/DFA/VOA 6.0

Served with welsh butter & fresh sourdough

GRILLED CHICKEN GFA/DFA 13.9

Skin-on butterfly chicken breast with sweetcorn salsa, chilli mayo, fresh raw slaw & fries

GRILLED TUNA GFA/DFA 18.9

Grilled tuna loin steak, teriyaki glazed roasted vegetables, pickled shallot and sesame salad.

SECRET CHICKEN CAESAR SALAD GFA 12.5

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.

FISH & CHIPS GFA/DFA 13.9

Beer battered cod, homemade pea puree, tartare sauce & fries

CRAB LINGUINE 12.5

Fresh crab served with garden peas, asparagus & linguine in a cream & white wine sauce, with a green herb drizzle

SECRET HALLOUMI CAESAR SALAD GFA/VOA 12.5

Grilled halloumi, avocado & buttermilk dressing, baby gem, pickled shallots and sourdough croutons with a green herb drizzle and a sprinkle of parmesan.

LAMB RUMP GFA 18.9

8oz Lamb rump served pink or well done, mushroom sauce, sautéed wild mushrooms & roasted new potatoes.

GRILLED CELERIAC GFA/DFA/ V 11.9

Grilled celeriac steak, teriyaki glazed roasted vegetables, pickled shallot and sesame 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 19.9

8oz Ribeye cooked to your preference with fries, side salad & homemade peppercorn sauce

TOMAHAWK PORK CHOP GFA/DFA 22.5

26oz Tomahawk pork chop, celeriac & apple puree, roasted new potatoes, crispy sage & a green herb drizzle

£3 Sides: FRIES | RAW SLAW | GARLIC BREAD

£4 Sides: CHEESY GARLIC BREAD | PARMESAN FRIES | TRUFFLE ROAST NEW POTATOES | SEASONAL GREENS

BURGERS

BEEF BURGER GFA/DFA 12.9

6oz beef burger, cheddar cheese, smoked streaky bacon, baby gem lettuce & tomato

HALLOUMI BURGER GFA/DFA 12.9

Grilled halloumi, chilli mayo, baby gem lettuce & tomato

CHICKEN BURGER GFA/DFA 12.9

Grilled chicken breast, chilli mayo, baby gem lettuce & tomato

TERIYAKI JACKFRUIT BURGER GFA/DFA/ V 12.9

Teriyaki spiced jackfruit, sweetcorn salsa, cucumber ribbons, baby gem lettuce & tomato

| Vegetarian | Vegan **GFO** | Gluten free option available **VOA** | Vegan option available **DFO** | Dairy free option available

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THE
SECRET
BEACH BAR & KITCHEN

Day Menu