

APPETISERS

OLIVES | GF/V £4.00
Pitted & grilled green olives with herbs, garlic & capia peppers

NUTS | GF/V £4.00
Cashew nuts drizzled with blossom honey & chilli

CROSTINI | V £4.00
Olive oil wheat crackers tossed in rosemary & sea salt

PEPPERS | GF £4.50
Sweet north african peppers stuffed with cream cheese

ON TOAST

AVOCADO ON TOAST | GFA/DFA/V £9.00
Sliced avocado, beetroot hummus, seeds & chilli served on toasted sourdough

SALMON ON TOAST | GFA £9.50
Hot flaked salmon, whipped feta, roasted courgette & pesto served on toasted sourdough

CHICKEN CAESAR ON TOAST | GFA/DFA £10.00
Shredded chicken, baby gem, Caesar dressing, pickled red onions & parmesan served on toasted sourdough

BAGUETTES

PERI MAYO CHICKEN | GFA/DFA £11.00
Shredded chicken, roast peppers, peri mayo, mixed leaves, slaw & fries

BACON, BRIE & CRANBERRY | GFA £11.00
Crispy bacon, melted brie, cranberry sauce, mixed leaves, slaw & fries

PRAWN COCKTAIL | GFA/DFA £11.00
Baby prawns, Marie Rose sauce, baby gem lettuce, slaw & fries

FALAFEL | GFA/V £11.00
Sweet potato falafel, hummus, roast peppers, mixed leaves, slaw & fries

All of our bread products are baked at our in house bakery and delivered fresh daily

MAINS

ROAST RED PEPPER & TOMATO SOUP | GFA/VOA £7.50
Served with warm bread & salted butter

GAMMON, EGG & CHIPS | GFA/DFA £15.50
10oz gammon steak, fried eggs, pineapple salsa & fries

FISH & CHIPS | GFA/DFA £16.50
Beer battered fish, homemade pea puree, tartare sauce & fries

STEAK FRITES | GFA/DFA £17.50
7oz flat iron steak cooked pink or well done, served with peppercorn sauce, fries & side salad

SIRLOIN STEAK | GFA/DFA £25.50
8oz sirloin steak cooked to your liking, served with peppercorn sauce, fries & side salad

STEAK PIE & CHIPS | DFA £14.50
Overnight steak & ale pie, puff pastry, fries & side salad

GRILLED CHICKEN | GFA/DFA £16.50
Skin on butterfly chicken breast with pineapple salsa, chilli mayo, raw slaw & fries

PAN FRIED SEA BASS | DFA £17.50
Sea bass fillet, sautéed potatoes, tender stem broccoli, pak choi, mixed peppers & coconut curry sauce

MUSSEL & NDUJA LINGUINE | DFA £15.50
Sautéed mussel meat & nduja in a red pepper, tomato & mascarpone sauce

GRILLED BUTTERNUT SQUASH | GFA/V £14.50
Grilled butternut squash, sautéed potatoes, tenderstem broccoli, pak choi, mixed peppers & coconut curry sauce

SMALL PLATES

PATATAS BRAVAS | GFA/V £6.50
Red pepper pesto

CALAMARI | DF £8.50
Chilli mayo

YAKITORI CHICKEN SKEWERS | DFA £7.50
Raw slaw, chilli mayo

PORK BELLY BITES | DF £8.00
Teriyaki glaze

FRITTO MISTO | DFA £8.50
Crispy fried cockles, mussels & prawns

MAPLE ROASTED CARROTS | GFA/V £8.00
Hummus

PADRON PEPPERS | GF/V £7.00
Rock salt

BURGERS

BEEF BURGER | GFA/DFA £14.90
5oz beef burger, cheddar cheese, streaky bacon, baby gem lettuce, tomato, raw slaw & fries

CHICKEN PARMIGIANA BURGER | GFA £14.90
Breaded chicken, melted mozzarella, pesto mayo, chilli jam, baby gem lettuce, tomato, raw slaw & fries

HALLOUMI BURGER | GFA/V £14.90
Grilled Halloumi, chilli mayo, baby gem lettuce, tomato, raw slaw & fries

SIDES

FRIES | RAW SLAW | GARLIC BREAD | PEPPERCORN SAUCE | SIDE SALAD £3.00

CHEESY GARLIC BREAD | PARMESAN TRUFFLE FRIES | SWEET POTATO FRIES | SEASONAL GREENS £4.00

Please notify our staff of any allergies

Vegetarian V Vegan VOA | Vegan option available GF | Gluten free GFA | Gluten free available DF | Dairy free DFA | Dairy free available

WE ARE CASHLESS | Contactless & card payments only

www.theseecretswansea.co.uk | @TheSecretSwansea | Secret_Swansea

ALL
DAY
MENU



THE
SECRET
BEACH BAR & KITCHEN

