

ON TOAST

AVOCADO ON TOAST GFA/DFA £9.50

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

SALMON ON TOAST GFA £10.50

Hot flaked salmon, lemon cream cheese, smacked cucumbers & green herb drizzle served on toasted sourdough

HALLOUMI ON TOAST GFA/🌱 £10.50

Grilled halloumi, peri hummus, roasted red peppers & chilli jam served on toasted sourdough

BAGUETTES

REUBEN BAGUETTE GFA/DFA £12.00

Cured beef, pickles, melted emmental cheese, garlic mayo, mixed leaves, raw slaw & fries

PERI MAYO CHICKEN GFA/DFA £12.00

Shredded chicken, roast peppers, peri mayo, mixed leaves, raw slaw & fries

BLT GFA/DFA £12.00

Crispy bacon, beef tomato, baby gem lettuce, raw slaw & fries

CORONATION TOFU GFA/🌱 £12.00

Tofu, curried mayo, currants, mango chutney, mixed leaves, raw slaw & fries

SMALL PLATES

CRISPY CHICKEN WINGS £7.50

Buffalo sauce & ranch dressing

LAMB KOFTA FLATBREAD DFA £8.00

Tzatziki & pickled red onions

CALAMARI DFA £8.50

Garlic mayo & fresh lemon

TEMPURA TENDERSTEM**BROCCOLI** DFA £7.00

Honey & soy dip

CRAB RAVIOLI £9.50

Pea & mint sauce

PANKO PRAWNS DFA £8.50

Pineapple salsa, chilli mayo & lime

POTATO WEDGES GFA/DFA £6.00

Ranch dressing & crispy onions

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

BURGERS

CHICKEN PARMIGIANA BURGER GFA £16.50

Breaded chicken, melted mozzarella, pesto mayo, chilli jam, baby gem lettuce, tomato, raw slaw & fries

BEEF BURGER GFA/DFA £15.50

5oz beef burger, cheddar cheese, streaky bacon, baby gem lettuce, pickles, tomato, raw slaw & fries

FISH BURGER GFA/DFA £15.00

Beer battered fish fillet, tartare sauce, baby gem lettuce, pickles, tomato, raw slaw & fries

HALLOUMI BURGER GFA/🌱 £14.50

Grilled Halloumi, chili mayo, baby gem lettuce, tomato, raw slaw & fries

MAINS

PEA & MINT SOUP GFA/DFA/VOA £7.50

Served with sourdough & Welsh butter

STEAK FRITES GFA/DFA £18.50

7oz flat iron steak cooked pink or well done, served with peppercorn sauce, skinny fries & side salad

STEAK SALAD DFA £16.50

Flat iron cooked pink or well done, smacked cucumber, avocado, roasted red peppers, adzuki beans & black rice with a honey, soy & sesame dressing

CHICKEN RANCH SALAD £14.50

Breaded chicken, smacked cucumber, cherry tomato, baby gem lettuce & sourdough croutons with a ranch dressing & pickled red onions

FISH & CHIPS GFA/DFA £17.50

Beer battered fish fillet, homemade pea puree, tartare sauce & fries

HAKE GFA/DFA £18.50

Pan fried hake, blistered tomato, tender stem broccoli & crispy potatoes with a chilli & garlic butter sauce

GRILLED CHICKEN GFA/DFA £16.50

Skin on butterfly chicken breast with pineapple salsa, chilli mayo, raw slaw & fries

DUCK YAKISOBA DFA £15.50

Shredded duck, egg noodles & shredded vegetables in a teriyaki sauce topped with fresh coriander & pickled red onions.

SPRING RISOTTO DFA/🌱 £12.50

Pea & mint risotto with crispy tempura tender stem

MISO AUBERGINE STIR-FRY GFA/DFA/🌱 £13.50

Miso glazed oven roasted aubergine, shredded vegetables in a teriyaki sauce topped with fresh coriander & pickled red onions



THE
SECRET
BEACH BAR & KITCHEN

LUNCH MENU

