

LUNCH MENU



APPETISERS

OLIVES £4.00

Pitted green olives tossed in lemon-infused olive oil, black pepper & thyme

NUTS £4.00

Cashew nuts drizzled with blossom honey & chilli

CROSTINI £4.00

Olive oil wheat crackers tossed in rosemary & sea salt

PEPPERS £4.50

Sweet North African peppers stuffed with cream cheese

SMALL PLATES

MUSSEL & COCKLE POPCORN DFA £7.50

Garlic mayo & fresh lemon

HOT HONEY CHICKEN WINGS £8.50

Spring onion & sesame

AVOCADO TOSTADA DFA/🌱 £8.50

Chilli & lime

CURRIED ROOT VEGETABLE SOUP GFA/DFA £7.50

Sourdough & salted butter

CALAMARI DFA £8.50

Garlic mayo & fresh lemon

PULLED PORK TOSTADA DFA £8.50

BBQ & sweetcorn salsa

CRAB TOSTADA DFA £8.50

Chilli & avocado

BUFFALO CAULIFLOWER DFA £7.50

Romesco & ranch

ON TOAST

AVOCADO ON TOAST GFA/DFA £10.50

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

CRAB ON TOAST GFA/DFA £12.50

White crab, crunchy kohlrabi & cucumber, guacamole & chilli flakes served on toasted sourdough

SALMON ON TOAST GFA £11.50

Hot flaked salmon, lemon cream cheese, roasted courgette & green herb drizzle served on toasted sourdough

HALLOUMI ON TOAST GFA/🌱 £11.50

Peri hummus, roasted red peppers & chilli jam served on toasted sourdough

BAGUETTES

PERI MAYO CHICKEN GFA/DFA £12.50

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

BACON, BRIE & CRANBERRY GFA £12.50

Crispy bacon, melted brie, cranberry sauce, mixed leaves, raw slaw & fries

FISH FINGER BAGUETTE GFA/DFA £12.50

Baby gem lettuce, tartare sauce, raw slaw & fries

FALAFEL GFA/🌱 £12.00

Sweet potato falafel, roast peppers, mango chutney, mixed leaves, raw slaw & fries

MAINS

STEAK FRITES GFA/DFA £19.50

8oz flat iron steak cooked pink or well done, served with peppercorn sauce, skinny fries & side salad

GRILLED LAMB SKEWERS GFA/DFA £16.50

Marinated & grilled lamb, roasted peppers, curried quinoa salad, flatbread & chimichurri

CRAB LINGUINE DFA £16.50

Brown crab, sun dried tomatoes, chilli & garlic in a cream sauce topped with white crab & fresh parsley

GRILLED CHICKEN GFA/DFA £16.90

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

FISH & CHIPS GFA/DFA £17.90

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

GRILLED COURGETTE GFA/🌱 £15.50

Grilled courgette, roasted peppers, curried quinoa salad, flatbread & chimichurri

FISH PIE £16.50

Fresh fish & mussels in a creamy leek sauce with root mash & cheese gratin served with toasted sourdough

GRILLED CHICKEN CAESAR GFA/DFA £13.90

Skin on butterfly chicken breast, baby gem lettuce, pickled red onion, sourdough croutons, parmesan & Caesar dressing

SEA BASS SALAD GFA/DFA £18.50

Pan fried sea bass fillet, green salad with buckwheat & broad beans with a honey mustard dressing

BURGERS

BEEF BURGER GFA/DFA £16.90

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

BBQ PORK BURGER GFA/DFA £15.90

BBQ pulled pork, crunchy kohlrabi & cucumber, baby gem lettuce, pickles, raw slaw & fries

NOT FISH BURGER GFA/🌱 £15.90

Curry spiced battered tofu, chilli mayo, baby gem lettuce, pickles, tomato, raw slaw & fries

CHICKEN PARMIGIANA GFA £16.90

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

HALLOUMI BURGER GFA/🌱 £16.90

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



THE
SECRET
BEACH BAR & KITCHEN

LUNCH MENU

 | **WE ARE CASHLESS** | Contactless & card payments only