

LUNCH MENU

SMALL PLATES

Bread & Oils DFA £5.00

Olive oil & balsamic vinegar

Mussel & Cockle Popcorn DFA £8.50

Garlic mayo & fresh lemon

Smoked Haddock Fish Cake £8.50

Chilli mayo & edamame

BBQ Chicken Skewers GFA/DFA £9.50

Garlic mayo & raw slaw

Calamari DFA £9.00

Garlic mayo & fresh lemon

Pork Belly Bites GFA/DFA £8.50

Teriyaki & sesame

Hot Honey Halloumi

GFA/🍌 £8.50

Peri hummus & sesame

Roasted Tomato & Balsamic Soup

GFA/VOA £8.00

Focaccia & salted butter

ON TOAST

Avocado on Toast DFA/GFA £11.90

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

Welsh Rarebit on Toast £12.50

Caramelised rarebit, roasted cherry tomatoes & green herb drizzle served on toasted sourdough

Salmon on Toast GFA £12.50

Hot flaked salmon, lemon cream cheese, pickled beetroot, capers & dill served on toasted sourdough

Halloumi on Toast GFA/🍌 £12.50

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

BAGUETTES

Peri Mayo Chicken GFA/DFA £12.90

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

Meatball Marinara DFA £13.50

Pork meatballs, tomato sauce, grated mozzarella, mixed leaves, raw slaw & fries

Fish Finger Baguette GFA/DFA £12.90

Beer battered fish goujons, baby gem lettuce, tartare sauce, raw slaw & fries

Falafel GFA/🌱 £12.90

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

MAINS

The Secret Steak Frites GFA/DFA £21.50

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

Surf & Turf GFA/DFA £24.50

8oz flat iron steak cooked pink or well done, garlic butter king prawns served with fries & side salad

Chicken Katsu Curry £17.50

Crispy fried chicken breast, sticky rice, raw slaw & curry sauce

Fish & Chips GFA/DFA £18.90

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

Grilled Chicken GFA/DFA £17.50

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

Butternut Squash Katsu Curry

GFA/🌱 £17.00

Grilled squash, sticky rice, raw slaw & curry sauce

Sausage & Mash £17.00

Pork sausages, buttered mashed potato, garden peas, gravy & caramelised red onions

Grilled Chicken Caesar GFA/DFA £16.50

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

PASTA

Beef Short Rib Pappardelle DFA £16.90

Braised short rib ragu mixed through pappardelle pasta topped with fresh parmesan

Burrata & Spicy Tomato Gnocchi GFA £16.90

Spicy tomato sauce mixed through potato gnocchi topped with fresh burrata

Wild Mushroom Pappardelle £16.90

Sauteed mushrooms in a creamy mushroom sauce with fresh parmesan

BURGERS

Beef Burger GFA/DFA £16.90

6oz beef burger, cheddar cheese, streaky bacon, baby gem lettuce, pickles, tomato, raw slaw & fries

Minted Lamb Burger DFA £16.90

6oz lamb burger, garlic 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

Oumph Vegan Burger GFA/🌱 £16.90

Vegan quarter pounder, baby gem lettuce, pickles, 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



LUNCH MENU



THE
SECRET
BEACH BAR & KITCHEN

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