

Bistro Menu



CAKES

Baked right here, on the beach by Kai & Nai.
Enjoy them here or take some home as a treat!

| | |
|--|------------|
| GINGERBREAD FRIENDS | 2.5 |
| G, D | |
| PLANT POWERED CHOCOLATE & HAZELNUT LOAF | 3 |
| N, G | |
| ALMOND CROISSANT | 3.6 |
| G, D, N, | |
| FLAPJACK | 3 |
| Flavours vary | |
| G, D | |
| BROWNIES | 3.6 |
| Flavours vary | |
| E, G, N, D | |
| ROCKY ROAD | 3 |
| E, G, N, D | |

SIDES

| | |
|-----------------------|------------|
| FAT CHIPS (PP) | 3.5 |
| SEASONAL VEG | 3.5 |

Invisible Chips

£3.50

Buying a portion of Invisible Chips will directly help support the people working in hospitality, whose livelihoods are disappearing.
0% fat. 100%charity. All proceeds go to Hospitality Action, who are committed to getting the hospitality industry back on its feet, one portion at a time.

Thanks for chipping in.

DESSERTS

| | |
|---|------------|
| STICKY TOFFEE PUDDING | 7 |
| with lovely toffee sauce and a scoop of honeycomb ice cream | |
| G, D, Nu, E | |
| LEMON TART | 8 |
| With Purbeck raspberry sorbet and torched Italian meringue - Baked Alaska style | |
| G, D, E, N | |
| WARM APPLE & BLACKBERRY GRANOLA CRUMBLE | 8 |
| With Purbeck coconut & lime sorbetD, G (PP & GF OPTION AVAILABLE) | |
| TRIO OF ICECREAM OR SORBET | 6.5 |
| Three scoops of either: Vanilla , salted caramel, rum & raisin, pistachio , honeycomb, chocolate or strawberry ice creams, or lemon, raspberry or coconut & lime sorbet | |
| D, E | |
| CHEESEBOARD FOR ONE | 8 |
| Mature Coastal Cheddar, Isle of Wight Soft, and Dorset Blue Vinney. Served with biscuits, walnuts & chutney | |
| D, N, G, | |

MAIN COURSES & WRAPS OVERLEAF

If you have any allergen queries then just ask and we will gladly advise -Below you can find a handy key you can use to see which allergens are in each dish. Just see the little letters below each item ; Cr - Crustacean, Ce - Celery, D - Dairy, E - Eggs, F - Fish, G - Gluten, L - Lupins, Mu - Mustard, Mo - Molluscs, N- Nuts, P - Peanuts, Se - Sesame, So - Soy, Su - Sulphites

MAINS

COURGETTE & TARRAGON SOUP 6

Today's soup. Served with toasted sourdough. Check for allergens.

THAI RED CURRY 16

Panache of local veggies in a coconut-based sauce, medium spiced, with keffir lime leaves, coriander, peanut & lemongrass, and served with jasmine rice. Add free range chicken or Local fish selection for £2
Cr, Su, N

GUILD BURGER

Grilled beef & pork patty, Open Air Dairy cheddar, bacon, burger sauce & salad garnish in a brioche bun, with triple cooked chips
D, E, G, Mu, Se, Su

PLANT POWERED BURGER

Locally sourced squash, quinoa, rice & mushroom patty, in a vegan bap with salad and red onion marmalade, served with triple cooked chips
G, N, Se

CHICKEN BURGER

Grilled free range chicken breast, chorizo mayo and proper fat chips
D, E, G, Mu,

ORIGINAL NACHOS

Three cheese topping, jalapenos, sour cream, guacamole, red onion & tomato salsa. Add beef chilli for £2
D

PLANT POWERED SALAD

Mixed leaves, fava beans, tomato, avocado, red onion hummus, harissa veganise and toasted seeds

CHICKEN CAESAR SALAD

Grilled free range chicken breast, gem lettuce, parmesan, anchovies, boiled egg, crouton and Caesar dressing
D, E, F,

CALAMARI 10

Lightly floured squid served with a fresh Thai style noodle salad, and soy, chilli & lime dressing
F, G, Se, So, Su

FISHCAKE 10

Homemade breaded fish & potato cake, with proper fat chips & herby mayo
Cr, D, E, F, G

13

CORNISH ROPE GROWN MUSSELS 16

Moules Marinière with white wine, shallots, garlic & cream or Thai red curry style...With proper triple cooked chips
D, Mo

15

DRESSED LOCAL CRAB 20

Fresh prepared and dressed local crab, served with salad and chips
D, Mu, Cr

13

FISH & CHIPS 14

Beer battered sustainable haddock, proper fat chips, tartare sauce, mushy peas
G, E, F, Mu (GF option available)

8

TUNA NIÇOISE SALAD 15

Fresh tuna steak, seared rare, coated in sesame seeds, with new potatoes, green beans, olives, boiled egg, tomato and red onion, with a sesame, soy & lime dressing
F, E, Su, Se, So

9

WRAPS

All served with salad garnish & crisps

BEETROOT & FALAFEL 8

Spinach, avocado, squash, hummus & harissa veganise
Mu, G

10

POSH FISH FINGER 8

Battered sustainable haddock goujons, lettuce, tomato & tartare sauce
F, D, E, G

GRILLED CHICKEN 8

Bacon, avocado, tomato, lettuce & garlic mayo
E, G



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