



# THE BAY

## BISTRO

### Evening Menu

Served 17.30 – 19.30

#### Starters

Soup of the day (v)	£4.50
Potted Crab with Asparagus	£6.50
Sweet Potato and Beetroot Crisps with homemade hummus (v)	£4.50

#### Mains

All mains are served with a choice of potatoes, salad and homemade coleslaw

Rump Steak	£12.50
Cooked to your liking, served with a choice of Peppercorn sauce, Creamy Stilton sauce or Diane sauce.	
Chicken Souvlaki	£8.50
Grilled Chicken Kebabs	
Halloumi & Vegetable Souvlaki (v)	£7.50
Halloumi and chunky grilled vegetable kebabs	
Catch of the day	£12.50
Local fish of the day, served with a choice of lemon butter, garlic butter or herbed butter	

#### Salads

Chicken Caesar Salad	£7.50
Creamy Caesar dressing, crisp Romaine lettuce, herbed croutons, and Parmesan cheese topped with sliced chicken breast	
Greek Salad (v)	£7.50
Greek Feta, Olives, Green Pepper, Tomato, Red Onion, Cucumber with olive oil and oregano	
Superfood Salad (v)	£7.50
Roasted Vegetables, Sweet Potato and Quinoa, topped with toasted nut	

#### Sides

French Fries	£3.00
Sweet Potato Fries	£3.50
Garlic Bread	£3.00
Cheesy Garlic Bread	£3.50

#### Desserts

Mixed Berry Cheesecake	£4.50
Lemon Posset with shortbread	£4.50
Cheese and Biscuits	£7.50

Please see the blackboard for  
today's Specials

#### Seasonal, local and nutritious...

Wherever possible we use local produce and buy ingredients according to the season because that's when they're at their nutritional best. We use nuts in some of our dishes, if you have any allergies just let us know.