



THE BAY  
BISTRO

## Lunch Menu

12:00 - 2:30pm daily

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, so if you have any allergies just let us know.

...Seasonal, local and nutritious

## Sandwiches £5.95

Made with freshly baked Island bread, served with a side salad and crisps...

Smoked salmon, cream cheese and rocket

Hummus, rocket, tomato and cucumber

*served with a pitta bread (v)*

Chicken and avocado

Ham and cheese

West Bay Club Sandwich - served with French fries - £6.95

*(chicken, bacon, mayo, tomato, egg, and lettuce)*

Grilled steak and caramelised onion, with rocket and horseradish, - £6.95

*served with French fries*

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## Salads £7.50

Chicken Caesar

*Creamy Caesar dressing, crisp Romaine lettuce, herbed croutons and Parmesan cheese*

*topped with sliced chicken breast*

Grilled Halloumi (v)

*served with seasoned couscous and a melody of vegetables*

Quinoa and 5 Bean (v)

*served with a medley of vegetables*

*Or add a chicken breast for £4.50*

Chicken and Crispy Bacon £8.50

*served on a bed of crisp baby leaves*

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## Light Bites

Home-made soup of the day £4.50 (v)

French fries £3.00

Sweet potato fries £3.50

Home-made tart of the day and salad £4.50

Homemade scotch eggs and raw slaw £4.50

## Mains £8.50

The West Bay Beef Burger

*A 6oz Beef burger with bacon, salad and cheese in a brioche bun with West Bay's homemade relish*

*served with French fries, and raw-slaw*

The West Bay Veggie Burger (v)

*A homemade mixed bean burger with salad and cheese in a brioche bun with West Bay's homemade*

*relish served with French fries, and raw-slaw*

Spaghetti Carbonara

*A creamy sauce with smoked bacon, mushroom and parmesan served with a side salad*

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## Little Appetites £5.50 (Up to age 10)

Penne pasta with home-made basil pesto

*served with cheese and a side salad (v)*

Sausages

*served with sweet potato fries and a choice of beans, peas or salad*

Homemade chicken goujons

*served with sweet potato fries and a side salad*

Homemade fish goujons

*served with sweet potato fries and a side salad*

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Please see the chalkboard for today's special.