

# LUSTY GLAZE

*Beach*

## MENU

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### TO START

CORNISH SMOKED  
MACKEREL PATÉ <sup>GF</sup>  
dill sour cream, charred toast  
£7

PRESSED, SLOW COOKED  
BELLY PORK <sup>GF</sup>  
spinach purée, vodka onion rings,  
sugar snaps, pan fried scallop  
£9

WHOLE  
SHELL-ON PRAWNS <sup>GF</sup>  
lime, ginger, soy broth  
£7

SALT BAKED BEETROOT <sup>GF V VG</sup>  
feta, pickled vegetables  
£6

BAKED CAMEMBERT <sup>V</sup>  
dipping bread  
£7.50

NACHOS <sup>GF V</sup>  
cheese, sour cream  
£8 | £12  
Add brisket chilli £4 <sup>GF</sup>

### LIGHT BITES - MIDDAY - 4PM

BREADED BRIE CHUNKS <sup>V</sup>  
cranberry salsa, salad  
£6

HONEY WHOLE GRAIN SAUSAGES  
BBQ dip  
£5

CHEESE ON TOAST <sup>V</sup>  
worcestershire sauce  
£5

ROCKET, CRAYFISH SANDWICH  
Marie Rose sauce  
£8.95

BLT SANDWICH  
honey mustard mayo  
£8.95

VEGGIE SANDWICH <sup>V</sup>  
butternut squash, roast beets  
£8.95

### IN THE MIDDLE

CLASSIC FISH & CHIPS <sup>GF</sup>  
hand cut chips, smashed peas,  
grilled lemon, tartare sauce  
£14

LUSTY HAND PRESSED  
6OZ CHEESEBURGER  
toasted brioche bun, homemade relish,  
lettuce, sliced tomato, gherkin,  
winter slaw, skinny fries  
£14

ROASTED SWEET POTATO  
& LEEK CASSEROLE <sup>V</sup>  
toasted sourdough  
£13.50

PAN SEARED MONKFISH TAIL  
spiced roasted vegetables,  
parmentier potatoes, tomato & basil sauce  
£18

CHEF'S CUT OF MEAT  
hand cut chips, sautéed mushroom,  
tomato, pepper sauce  
£24

WEST COUNTRY SCALLOPS  
chorizo, white wine cream, fries  
£8 | £16

FISH CURRY <sup>VG</sup>  
rice, coriander salsa  
£18

WE ALSO HAVE A DAILY SPECIALS BOARD

GRILLED SEA BASS  
horseradish potato purée,  
glazed root veg, spinach oil  
£16.50

### SIDES

VEG OF THE DAY <sup>V</sup>  
£4

ROASTED  
NEW POTATOES <sup>V</sup>  
£4

FRIES <sup>V</sup>  
£4

OLIVES <sup>V</sup>  
£5

BREAD & OILS <sup>V</sup>  
£5

## TO FINISH

### LORRAINE'S CHEESECAKE

berry compote  
£7.50

### CORNISH CHEESEBOARD

Cornish cheeses, local chutney, crackers  
£10

### MINI DESSERT PLATTER

selection of treats off the  
menu & from the kitchen  
£9

### HOMEMADE STICKY TOFFEE PUDDING

butterscotch sauce, clotted cream  
£7.50

### CORNISH CREAM TEA

scones, jam, cream, pot of tea  
£5.95

### BAILEYS CHOCOLATE MOUSSE <sup>GF</sup>

cinnamon pear  
£7.50

### CHEF'S RICE PUDDING

peach jam  
£7.50

## BREAKFAST

### PORRIDGE OATS <sup>V</sup>

oats, vanilla, raisins, cream.  
£5

### GRANOLA <sup>V</sup>

yoghurt, milk, honey.  
£7

### EGGS BENEDICT

muffin, bacon,  
poached eggs, hollandaise.  
£10

### EGGS ON SOURDOUGH TOAST <sup>V</sup>

£7

### VEGGIE BREKKIE <sup>V</sup>

eggs, spinach, avocado, tomato,  
veggie sausage, mushroom, beans, toast.  
£10

### FULL CORNISH

eggs, bacon, sausage,  
hogs pudding, black pudding,  
tomato, mushroom, toast, beans.  
£11.50

### BREAKFAST SANDWICH

two items from the full Cornish.  
£8

### ADDITIONAL ITEMS

£1 PER ITEM

All meals are freshly prepared to order and during busy times there may be a short wait, we believe good food is worth waiting for.

<sup>V</sup> vegetarian   <sup>VG</sup> vegan   <sup>GF</sup> gluten free (or can be made to be)

The name Lusty Glaze is believed to derive from the Cornish translation of 'a place to view blue boats'. We understand that little blue boats were used to transport iron ore, once mined from the cliff-side here, to Newquay harbour.

During the 1920s Lusty Glaze Beach became a 'glamorous ladies and gentlemen's' bathing beach with low tide donkey rides. Brightly coloured, canvas beach huts were erected for discreet changing and a butler service was available for the wealthy clientele.

Today Lusty Glaze Beach retains an element of this charm and is favoured by the local community. Families prefer its quirkiness to the mass tourism on the main Newquay beaches.

Current owner, Cornish born and bred Tracey, purchased the site in 1999 when it was in a derelict state and this is where perhaps the most dynamic stage of the site's development began.

The beach is now home to a fabulous team who cater for sun-worshippers, music fans, holiday makers, adrenaline junkies, food lovers, wedding couples and those simply seeking some escape from the daily grind.



LUSTY  
GLAZE

*Weddings*



Did you know you could have the whole beach to yourselves?  
A private beach wedding, exclusively yours!  
Contact us for more information.