

# LUSTY GLAZE

Beach

## MENU

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### TO START

GF

LUSTY SMOKEY <sup>GF</sup>  
smoked fish, rich cheese sauce  
£7.50

CLASSIC MUSSELS <sup>GF</sup>  
creamy garlic sauce, warm bread  
£8

SEMOLINA &  
CAJUN SALT SQUID  
piri piri sauce, Asian salad  
£7.50

SALT BAKED BEETROOT <sup>GF V VG</sup>  
pickled vegetables  
£7

BAKED CAMEMBERT <sup>GF V</sup>  
tudded with garlic & herbs,  
warm bread  
£7.50

NACHOS <sup>GF V</sup>  
stacked with melted cheese, salsa,  
guacamole, sour cream, onion chutney  
£8.50

### SALADS

GF

SMOKED CHICKEN <sup>GF</sup>  
roasted beetroot, avocado, olives  
£14

GRILLED HALLOUMI <sup>GF V</sup>  
smashed peas, sundried tomatoes  
£12

ATLANTIC PRAWN WALDORF  
diced apple, cucumber, roasted walnuts  
£13

### IN THE MIDDLE

CLASSIC FISH & CHIPS  
hand cut chips, smashed peas,  
grilled lemon & tartar sauce  
£14

GRILLED SEA BASS <sup>GF</sup>  
roasted tomatoes and chorizo,  
diced potatoes, basil & lemon oil  
£18

SEAFOOD MARINER <sup>GF</sup>  
mussels, squid, monkfish,  
peas, new potatoes, warm crusty bread  
£19

TUSCAN VEGETABLE PASTA <sup>V</sup>  
rich tomato & basil sauce,  
watercress, truffle oil salad  
£15

CHEF'S CUT OF MEAT <sup>GF</sup>  
hand cut chips, sautéed mushroom,  
tomato, pepper sauce  
£24

PAN SEARED CHICKEN BREAST  
garlic creamed potato puree,  
red pepper compote, crispy pancetta,  
water cress, parmesan  
£17

STIR FRY <sup>GF V VG</sup>  
wild mushroom, spinach, pak choi, noodles  
£16

MONKFISH KEBABS <sup>GF</sup>  
spiced roasted veg,  
new potatoes, pesto  
£17.50

LUSTY HAND PRESSED  
6OZ CHEESEBURGER <sup>GF</sup>  
toasted brioche bun,  
homemade relish, lettuce,  
sliced tomato & gherkin, skinny fries  
£14

VEGGIE CURRY <sup>V VG</sup>  
sweet potato & coconut, braised rice  
£16

WE ALSO HAVE A DAILY  
SPECIALS BOARD

### 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

### LEMON CURD TART

chocolate soil  
£7.50

### CORNISH CHEESEBOARD

Cornish cheeses, local chutney, crackers  
£10

### LUSTY MESS

Summer berries, Chantilly cream,  
meringue pieces.  
£7.50

### MINI DESSERT PLATTER

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

### CHEF'S HOMEMADE TIRAMISU

£7.50

## BREAKFAST

### 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

ADDITIONAL ITEMS £1/£1.50 PER ITEM

### FULL CORNISH

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

### BREAKFAST SANDWICH

two items from the full Cornish.  
£8

All our food is cooked fresh from scratch, we don't do frozen, our produce is straight from the land or sea and locally sourced as much as possible. The average wait time is approximately 30 minutes from the time of ordering, sometimes more, sometimes less. If you are in a tearing hurry, please let your server know on arrival and we will do our best to accommodate your needs. Otherwise, sit back, relax and enjoy being by the seaside. We're delighted to have you here.

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

Certain dishes can be adapted for various dietary requirements. Please ask your server for details.

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.