

Please notify our staff prior to ordering if you have any allergies or dietary requirements that we need to be made aware of.

BREAKFAST - 09:30 - 11:30

GRANOLA with yoghurt, milk & honey £7 **V**

EGGS BENEDICT with muffin, bacon, poached eggs & hollandaise £10

FULL CORNISH with eggs, bacon, sausage, hogs pudding, black pudding, tomato, mushroom, toast & beans £11.50

EGGS ON TOAST £7 **V**

BREAKFAST SANDWICH two items from the full Cornish £7

VEGGIE BREKKIE with eggs, spinach, avocado, tomato, veggie sausage, mushroom, beans & toast £10 **V**

ADDITIONAL ITEMS £1/£1.50 PER ITEM

MAIN SERVICE - FROM MIDDAY

TO START

HAM HOCK TERRINE with sweet & sour piccalilly £7.50 **GF**

PAIR WITH A REFRESHING PINT OF ATLANTIC PALE ALE

CAESAR SALAD FRITTERS £7.50

SERVED BEST WITH A NICE COLD GLASS OF PINOT GRIGIO

CORNISH CRAB with heritage apple & fennel cider £8.25 **GF**

BEST SHARED WITH A SHARPS OFFSHORE PILSNER

CEVICHE OF CORNISH MACKEREL with horseradish & micro salad £7.50 **GF**

ENJOY WITH A LUSTY GLAZE PILSNER

GARDEN SALAD with beet puree, radish, pickled veg, peas & sorrel £7 **V VG GF**

ACCOMPANY WITH A PINT OF SHARP'S ORCHARD CIDER

SMOKED SALMON shallots, pancetta, watermelon & grapefruit salad £7.50 **GF**

ENJOY WITH A GLASS OF ROSÉ

FROM THE SEA

Look out the window-you may even see the fishermen catching your dish!

PAN SEARED BASS with diced chorizo, wilted spinach, sautéed new potatoes & a rich tomato basil sauce £16.50 **GF**

ENJOY WITH A BOTTLE OF LUNA AZUL SAUVIGNON BLANC

HAND BATTERED FISH with fries, smashed peas & lemon £14 **GF**

PAIR WITH A REFRESHING PINT OF ATLANTIC PALE ALE

KING PRAWN & CLAM CHOWDER with peas, new potatoes & warm bread £18 **GF**

BEST SHARED WITH A SHARPS OFFSHORE PILSNER

HOT ROCKS

The hot rocks are heated to 450°C & will maintain their heat for about an hour. Please don't touch them & ask your server to remove them for you.

Simply sprinkle your hot rock with some salt & place your meat, fish or vegetarian option onto your heated rock & let it do the rest.

Please refrain from adding your pepper or sauces, until you have transferred your food to your plate, as these will burn on the hot rock which can be quite unpleasant.

If your rock cools too quickly please let us know & we will swap it out for you. It should be hot enough to cook quickly.

VEGGIE halloumi, peppers, aubergine, courgette, red onion & mushroom £15 **V VG GF**

ENJOY WITH A LUSTY GLAZE PILSNER

SCALLOP AND PRAWN sweet chilli & garlic butter £22 **GF**

SERVED BEST WITH A NICE COLD BOTTLE OF DOOM BAR

RUMP STEAK tomato, mushroom, peppercorn sauce & garlic butter £21 **GF**

BEST SERVED WITH A GLASS OF MERLOT

SALMON FILLET soy, honey & sweet chilli £20 **GF**

PAIR WITH A REFRESHING PINT OF ATLANTIC PALE ALE

All served with fries & dressed salad leaves

FROM THE LAND

GRILLED CHICKEN with a creamy wild mushroom tagliatelle, watercress & parmesan salad £15 **GF**

SERVED BEST WITH A NICE COLD BOTTLE OF DOOM BAR

PRESSED BURGER bun, relish, lettuce, tomatoes & fries £14 **GF**

BEST SERVED WITH A PINT OF WOLF ROCK IPA

CHEF'S CUT OF MEAT fries, sautéed mushroom, tomato & a pepper sauce £24 **GF**

BEST SERVED WITH A BOTTLE OF CABERNET SAUVIGNON

AROMATIC POTATO CURRY with egg & spinach £15 **V VG GF**

GOES WELL WITH A BOTTLE OF COBRA

ROASTED MEDITERRANEAN BAKE with garlic bread £14 **V**

SERVED BEST WITH A GLASS OF SANGIOVESE

PROTEIN PACKED BUDDHA BOWL £14

ENJOY WITH A LUSTY GLAZE PILSNER **V VG**

GARLIC SALMON BUDDHA BOWL £14

GOES WELL WITH A NICE COLD GLASS OF PINOT GRIGIO

WE ALSO HAVE A DAILY SPECIALS BOARD

SIDES

Roasted walnut & new potatoes £5 **V VG GF**

Roasted bean salad £5 **V VG GF**

Garlic bread £5 **V**

Antipasto garlic bread £5

Posh fries, truffle oil & parmesan £4.50

Round of drinks for the chefs! 😊

TO FINISH

PIMM'S JELLY with a cucumber sorbet £7.50 **GF**

WHIPPED AVOCADO with frozen yoghurt & meringue crumbs £7.50 **V GF**

VANILLA PANNA COTTA with saffron infused berries £7.50 **GF**

SMASHED STRAWBERRY SALAD £7.50

CHEESECAKE £7.50

All our food is cooked fresh from scratch. Our produce is straight from the land or sea & 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 & enjoy being by the seaside. We're delighted to have you here.

V vegetarian **VG** vegan **GF** gluten free **GF** **GF** can be made gluten free or vegan

Certain dishes can be adapted for various dietary requirements.

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

In approximately 1921 the beach was transferred from the crown, opening a new chapter in its history operating as a private 'bathing resort'. It is reported that it was purchased for the princely sum of £100.

Current owner, Cornish born & bred Tracey purchased the site in 1999. The beach is now home to her & her fabulous team who are focussed on creating memories. Catering for sun-worshippers, music lovers, holiday makers, adrenaline junkies, food lovers, wedding couples & those simply seeking some escape from the daily grind. All delivered with both passion & love.

Above all, Lusty Glaze Beach Resort is our home & we hope that you enjoy your time with us.

WHITE WINE

FIORI SUL MURO CATARRATTO PINOT GRIGIO | ITALY | 12%
Delightful white wine with soft ripe fruits & an appetising dry finish. **VG**
SML £5 | MED £6 | LGE £7.50 | BTL £22

LUNA AZUL SAUVIGNON BLANC | CHILE | 12.5%
Expect a burst of passion fruit & guava from this delightful Sauvignon Blanc.
SML £5 | MED £6 | LGE £7.50 | BTL £22

VIIGNIER VIN DE FRANCE - PATRIARCHE
FRANCE | 12% | £27 **VG**
This superb wine has bags of exotic fruit aromas.

TURTLE BAY SAUVIGNON BLANC
NEW ZEALAND | 12.5% | £30
Fresh & vibrant with passion fruit, gooseberry & melon.

KNIGHTOR CARPE DIEM WHITE | CORNWALL
11.5% | £38
Crisp & delicate with aromas of plum, apple, vanilla & citrus.

SANCERE DOMAINE DURAND | FRANCE | 13% | £48
Flinty & fruity, a wonderful nose, with all the classic flavours.

RED WINE

FIORI SUL MURO SANGIOVESE | ITALY | 12% **VG**
Rich, lush & delicious red wine, packed with fruit on the palate.
SML £5 | MED £6 | LGE £7.50 | BTL £22

LE JARDIN MERLOT | FRANCE | 13%
A mouthful of red berry fruits, soft & juicy.
SML £5 | MED £6 | LGE £7.50 | BTL £22

ALTOZANO TEMPRANILLO CABERNET SAUVIGNON
SPAIN | 13% | £24
Deep cherry red colour with hints of violet, chocolate & liquorice.

STUDIO 1 SHIRAZ VIIGNIER | AUSTRALIA
13.5% | £29
Ripe & rich with violet aromas & bramble fruit flavours.

MARQUES DEL ATRIO CRIANZA RIOJA | SPAIN
13.5% | £36
Hints of red & black fruit blended with oak & vanilla.

CHATEAU LE GARDERA BORDEAUX SUPÉRIOR
FRANCE | 13% | £42 **VG**
A firm, rich wine with subtle oak & an excellent balance.

SPARKLING

PROSECCO DI MARIA | ITALY | 11% **VG**
Lively, soft & deliciously fruity with notes of pear & peach.
GLASS £7 | BTL £28

KNIGHTOR CLASSIC BRUT SPARKLING WINE
CORNWALL | 11% | £55
Fun & fruity character, aromas of elderflower, pear, citrus & peach.

PERRIER-JOUËT GRAND BRUT | 12% | £70 **VG**
A brisk freshness & a generous balance. Aromas of flowers & fruits.

MOËT ET CHANDON BRUT NV CHAMPAGNE
12% | £72.50 **VG**
This classic blend boasts notes of green apple & citrus fruits.

VEUVE CLICQUOT BRUT NV | 12% | £72.50
Rich & creamy with citrus fruit & a delightful yeasty tastiness.

BOLLINGER SPECIAL CUVÉE BRUT NV | 12% | £78
Deliciously smooth & fruity with an elegance & finesse.

LAURENT PERRIER CUVÉE ROSÉ | 12% | £90 **VG**
Soft strawberry fruit aromas, a soft biscuit mousse & a long finish.

ROSÉ WINE

PINOT GRIGIO BLUSH PRIMI SOLI | ITALY | 12.5%
A very easy style of wine with a soft, refreshing burst of summer red fruits.
SML £5 | MED £6 | LGE £7.50 | BTL £22

CORNISH KNIGHTOR CARPE DIEM ROSE | CORNWALL
11% | £38
Aromatic & delicate with aromas of rose petal, raspberry, peach & citrus.

This is just a taster of what we can do. Please ask our crew if you can't see what you want on this list - chances are we will have it behind the bar.

RARE WINES

We have a small selection of fine & rare French reds from various vintages locked away in our treasure chest.

If you would like to see just ask your server for the key...

COCKTAILS

BANANA SPLIT MARTINI | £7
Vodka, chocolate liqueur & banana liqueur.

WHISKY SOUR | £7
Jameson whisky, lemon juice & sugar.

BLOODY MARY | £7
Absolut vodka, Worcestershire sauce, tabasco, celery salt & tomato juice.

ESPRESSO MARTINI | £7
Absolut vodka, Kahlua, double espresso & sugar.

CLASSIC MOJITO | £7
Havana 3 Años rum, mint, fresh lime, sugar & soda.

CORNISH ELDERFLOWER COLLINS | £7
Tarquins gin, fresh lemon juice, elderflower liqueur & soda.

LUSTY NEGRONI | £7.30
Gin, Campari, sweet Vermouth, grapefruit, orange bitters & ice.

MARTINI | £7.50
Trevethan gin, dry vermouth, lemon peel & olive garnish.

LUSTY SLAMMER | £7.50
Havana 3 Años rum, amaretto, sloe gin, orange juice & a soda top.

SURF SPRITZ | £7.50
Neptune Rum, Prosecco, Aperol, grapefruit juice and soda.

BAHAMA MAMA | £7.50
Havana Especial rum, crème de banana, coconut, grenadine, orange & pineapple juice.

BOTTLES & CANS

PERONI NASTRO AZZURRO | GLUTEN FREE | 330ML
5.1% | £4.50
A delicate balance of bitterness & subtle citrus aromatic notes.

BECKS BLUE | ALCOHOL FREE | 270ML | £4
A light, crisp & refreshing non-alcoholic alternative to beer.

BREW DOG PUNK IPA | 330ML | 5.6% | £4.50
Bursts of caramel fruit with a spikey bitter finish.

CORNISH ORCHARDS GOLD | 330ML | 4% | £4.50

CORNISH ORCHARDS BLUSH | 500ML 4% | £6.50

GUINNESS | 440ML | 4.2% | £5

DOOM BAR | 500ML | 4.3% | £6
Spicy resinous hop & sweet roasted malts.

COBRA | 330ML | 5% | £4.50
A blend of barley, rice, maize & hops.

RATTLER | 500ML | 6% | £7

DRAUGHT

LUSTY GLAZE PILSNER | 4% | £5.50
An unexpectedly crisp, light refreshing pint.

SHARPS OFFSHORE PILSNER | 4.8% | £5.50
Crisp, clean citrus with a brisk finish. Worlds best lager 2013.

ATLANTIC PALE ALE | 4.5% | £5.50
Deep golden in colour, it has a fruity aroma suggestive of lime zest to mango.

SHARP'S ORCHARD CIDER | 4.5% | £5.50
It has a light golden, pale straw colour with a distinctly fresh apple aroma.

WOLF ROCK IPA | 4.8% | £5.50
Vibrant, contemporary golden IPA with a distinctive red hue.

COFFEE

ROASTED IN CORNWALL

ESPRESSO | SINGLE £2 | REGULAR £3

AMERICANO | SINGLE £2 | REGULAR £3

CAFFÈ MACCHIATO | SINGLE £2.50
REGULAR £3.50

CAPPUCCINO | SINGLE £2.50 | REGULAR £3.50

CAFFÈ LATTE | SINGLE £2.50 | REGULAR £3.50

FLAT WHITE | £3.50

CHAI LATTE | £3.50

MILK, DARK OR WHITE CAFFÈ MOCHA
SINGLE £3 | REGULAR £4

ICED COFFEE | £3

FLAVOURED WITH SYRUP | £0.50

DIFFERENT MILK OPTIONS AVAILABLE

TEA

POT OF TEA | £3
Ask your server for available flavours.

CORNISH CREAM TEA | £5.95
#JamFirst

HOT CHOCS

KID'S HEAVEN | £3
Delicious hot chocolate, topped with squirty cream & mini marshmallows.

HOT MELTED CHOCOLATE | £3.50
Melted milk / dark / white hot chocolate, topped with foamed milk.

MINTY GLAZE | £4
Melted dark chocolate swirled with mint, topped with squirty cream & a mint leaf - the perfect After Eight taste!

SUNDOWNER | £4
Melted milk chocolate with an orange kick, sprinkled with cocoa powder & orange zest.

BEACH BOUNTY | £4
Melted dark chocolate mixed with coconut, topped with squirty cream, cocoa powder & toasted dessicated coconut.

SOFT DRINKS

FRUIT JUICE | £2

FEVER TREE TONIC / GINGER ALE | £2.20

MINERAL WATER | STILL OR SPARKLING
£1.50 | £3.50

COKE ZERO | LEMONADE | DIET COLA | TONIC
½ PINT £1.75 | PINT £3.50

BOTTLEGREEN ELDERFLOWER | STILL OR SPARKLING
£3.50

BOTTLEGREEN COX'S APPLE | SPARKLING | £3.50

J2O OJ AND PASSIONFRUIT | APPLE AND RASPBERRY
£3.50

FENTIMAN'S GINGER BEER | ROSE LEMONADE
£3.50

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WWW.LUSTYGLAZE.CO.UK