

# LUSTY GLAZE

## Beach

Lusty Glaze Beach is as rich in history as it is in beauty. The name is believed to derive from the Cornish translation of “[a place to view blue boats](#)”.

The little blue boats were the transportation methods employed to take the ore away from the site and could clearly be seen moving to and from the town's picturesque harbour from the surrounding clifftops. In order to move the bounty from the beach to the harbour during big seas, horses and carts would move the iron ore across the town beaches to the harbour. It was for this reason that when Lusty Glaze Beach was transferred by the Crown, both the iron ore rights and the land was sold, giving the unique advantage ownership being to the low water mark. It is reported that it was purchased for the sum of £100.

Lusty Glaze is one of the few coastal beaches to have been rich in iron ore. To the right-hand side of this 120 acre site, a cave, once 200ft deep was mined for its minerals and abandoned in the late 1800's. In the 1920's, Lusty Glaze Beach commenced a new path in its history operating as a private 'bathing resort'.

Lusty Glaze has, to this day, retained an element of this charm; purpose-built wooden huts replace the canvas stripes and it is favoured by the local community and families who prefer its quirkiness to the mass of tourism on the main Newquay beaches.

Since its original sale by the Crown, there have been 5 privileged owners. Cornish born and bred Tracey Griffiths, 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.

For many years the site operated as a base for water and land-based training activities. As both cultures and training needs changed, the centre diversified into a vibrant Outdoor Activity Centre establishing the business as one of Cornwall's largest seasonal employers and attracting large numbers of both national and international visitors.

Once again as the leisure industry evolved, so did Lusty Glaze. Tracey and her team slowly scaled back the Adventure Centre and concentrated on establishing the UK's first licenced Beach Resort for Civil Marriages. In addition to this, the team developed a first-class reputation for music events attracting some of the top international bands and artists.

Above all, Lusty Glaze Beach is our home. Tracey and her team are passionate about the onerous responsibility in being this generations custodian of a large stretch of the Cornish coastline. We are proud and excited to be the pioneers of this part in the cove's history.



Lusty Glaze



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# Food Menu

## 12" Pizza

### MARGHERITA (V VGO GFO)

tomato base, mozzarella cheese

### PEPPERONI (GFO)

tomato base, pepperoni, cheese

### FARMERS BASKET (V VGO GFO)

green base, mushroom, parmesan, cheese, pine nuts

### NAPOLI (GFO)

tomato base, anchovies, capers, cheese

### CALABRIA 2 CORNWALL (GFO)

tomato base, cornish spianata (salami), 'nduja (spicy sausage), cheese

### FATIA VERDE (V GFO)

green base, cornish blue cheese, spinach, cheese, walnuts

### GARLIC WHEEL (VG GFO)

garlic, sunflower margarine

GLUTEN FREE BASE (additional) **£2.50**

*Our green base pizza is made from spinach, basil, garlic, lemon juice, salt & olive oil.*

## Nachos

### LARGE - for 2 (V)

with tortilla crisps, cheese, guacamole, salsa, capers, sweet red drop peppers, jalapeno, sour cream

### ADD BEEF or VEGGIE CHILLI (V)

### FAMILY - for 4 (V)

with tortilla crisps, cheese, guacamole, salsa, capers, sweet red drop peppers, jalapeno, sour cream

### ADD BEEF or VEGGIE CHILLI (V)

## One for me, One for you (sharing boards)

### MEAT & CHEESE

cured meats, 3x cornish cheese, crackers, molly's mums chutney, pickles, lusty marinated olives, curried cashew nuts

### CHEESEBOARD (V)

3x cornish cheese, crackers, margarine, molly's mums chutney, grapes

## Mix 'em & Pick 'em (small plates)

**£13** **CRISPY SALT & PEPPER SQUID** **£7.50**

with truffle mayo & sweet mango chilli dipping sauce

**£14** **BUTTERFLY TEMPURA PRAWNS** **£7.50**

with truffle mayo & sweet mango chilli dipping sauce

**£16** **BREADED MUSHROOMS (VG)** **£6.50**

with truffle mayo & sweet mango chilli dipping sauce

**£16** **MAC & CHEESE BITES (V)** **£6.50**

with truffle mayo & sweet mango chilli dipping sauce

**£17** **FROGGY'S LOADED BREAD MELT** **£10**

crispy bread roll, filled with melted cheese & chorizo

**£17** **SKEWER DUAL** **£11**

two skewers;

- melon & prosciutto,

- halloumi & pear, drizzled in a jalapeno & honey dressing

**£11** **BRUSCHETTA** **£15**

a plate of three, with sourdough bread;

- anchovies & mozzarella

- goats cheese & prosciutto

- tomatoes, garlic, olive oil (VG)

**HOMEMADE SOUP OF THE DAY (VG GF)** **£9**

served with focaccia

**£16** **LUSTY'S MARINATED OLIVES (VG GF)** **£4.50**

**CURRY LEAF CASHEWS (VG GF)** **£4.50**

**£5** **FROG BOWL (VG GF)** **£7.50**

fresh mixed leaf salad topped with pumpkin & sunflower seeds, dressed with olive oil & cider vinegar

**£22**

**£10**

## Sweet Treats

### CAKES

suzy's cupcakes - please ask at bar for flavours

**£4.50**

### CRISPS

various flavours - please ask at bar

**£1.50**



**£20** **DOG TREATS** **FREE**

reward your fluffy family member for being well behaved

## PLEASE PLACE YOUR ORDER AT THE BAR

Allergies & Intolerances: Please speak to a member of staff if you require information about our ingredients.

V - VEGETARIAN

VG - VEGAN

GF - GLUTEN FREE

VGO - VEGAN OPTION

GFO - GLUTEN FREE OPTION

# Drinks Menu

## House Wine

### FIORI SUL MURO SANGIOVESE RED | ITALY 12% (Vegan)

Produced by a 3rd generation Italian family run winery, this red is a rich, lush and delicious wine, packed with fruit on the palate.  
Medium - £6.75 | Large - £9 | Bottle - £27

### VINA PALOMERAS ROSADO ROSE | SPAIN 12.5% (Vegan)

Intensely fruity and bright pink in colour, this refreshing 100% Grenache rosé wine has flavours of redcurrant and wild strawberry.  
Medium - £6.50 | Large - £8.75 | Bottle - £26

### SOLINO BIANCO WHITE | ITALY 11% (Vegan)

Perfect for beach celebrations or to pair with a variety of food.  
Medium - £6.25 | Large - £8.50 | Bottle - £25

## Rose Wine

### ENTREFLORES ROSARDO | SPAIN 12.5% (Vegan)

This light rosé is intensely fresh to the nose. With noticeable aromas of strawberry and flowers, it's right at home by the sea.  
Medium - £7.25 | Large - £9.75 | Bottle - £29

### STUDIO ROSE by MIRAVAL | FRANCE 12.5%

Celebrity style for a bougie celebration in the bay. This classic French vineyard is now owned by Brad Pitt & Angelina Jolie.  
Bottle - £47

## Orange Wine

### CRAMELE RECAS | ROMANIA 12.5% (Vegan)

The nose on this beauty is full of pear, quince and a hint of vanilla.  
Bottle - £40

## White Wine

### BELLA TRAMONTO PINOT GRIGIO | ITALY 12%

Well-balanced Pinot Grigio has a rich fruity aroma with a smooth taste.  
Medium - £7.25 | Large - £9.75 | Bottle - £29

### SEA CHANGE MARLBOROUGH SAUVIGNON BLANC | NEW ZEALAND 12.5% (Vegan)

A queen of Sauvignon Blancs. Concentrated aromas of green fruit, complemented by an array of tropical fruit on the palate.  
Medium - £8.50 | Large - £11.50 | Bottle - £34

### FRANSCHHOEK CELLAR UNOAKED CHARDON-NAY | SOUTH AFRICA 13.5% (Vegan)

Beautifully bright and pure lemon yellow with striking pineapple and lime on the nose.  
Medium - £8.25 | Large - £11 | Bottle - £33

## Red Wine

### I CASTELLI MERLOT | ITALY 12%

Merlot is ruby red in the glass with aromas of raspberry and blueberry. The palate is rounded and fantastically fruity.  
Medium - £7.50 | Large - £10 | Bottle - £30

### FRANSCHHOEK CELLAR BAKER STATION SHIRAZ SOUTH AFRICA 14% (Vegan)

This Shiraz has a deep plum colour with expressive and fragrant blackberry and pepper spice.  
Medium - £8.25 | Large - £11 | Bottle - £33

### VILLA BLANCHE MALBEC | FRANCE 14%

Deep purple in the glass with aromas of jammy red fruit, cedar and spice notes. On the palate this wine is smooth and juicy with dark berry fruits and vanilla spice.  
Bottle - £38

## Sparkling Wine

### FAMIGLIA BOTTER PROSECCO | ITALY 10.5% (Vegan)

Cheers! With a pale light-yellow colour and delicate bubbles, this is a classic prosecco.  
Glass - £6 | Bottle - £33

### FIZZ - HEALY & GRAY FRIZZANTE | ITALY 10.5%

A wonderful fruity nose, with hints of apple and apricot. Fresh with plenty of fizz.  
Glass - £6 | Bottle - £29

### NYETIMBER CLASSIC CUVÉE | 12%

Creamy and rich with notes of brioche complimented with a refreshing citrus twist  
Bottle - £60

### MOET & CHANDON BRUT | 11%

Radiant aromas of apple, yellow peach & honey with floral nuances.  
Bottle - £85

### NOZECCO 0% (Vegan)

A fresh and fruity prosecco alternative.  
Glass - £3 | Bottle - £18

## Cocktails x NICHOLSON

Please see our separate menu for cocktails.

## Spirits

We have a large selection available, including 0% alternatives – please let us know what you fancy, and we'll see if we can help!

## Draught



### SHARP'S OFFSHORE PILSNER | 4.8%

Crisp and clean with a citrus linger.

Half - £3.50 | Pint - £6.95

### SHARP'S ATLANTIC PALE ALE | 4.5%

Tropical & a hint of honeyed candy floss.

Half - £3.50 | Pint - £6.95

### SHARP'S COLD RIVER CIDER | 4.5%

Med-dry. Bittersweet with a sea salt lift.

Half - £3.15 | Pint - £6.25

### COORS LAGER | 4%

A unique frost-brewing process locks in a taste as cold as the ocean.

Half - £3.15 | Pint - £6.25

### MADRI EXCEPCIONAL LAGER | 4.6%

A smooth, well-rounded taste with a short bitter finish.

Half - £3.60 | Pint - £7.20

## Bottles & Cans

### ALCOHOL FREE LAGER | 0%

A light, crisp & refreshing non- alcoholic alternative to regular beer. Please ask your server for today's choice.

£4.50

### GUINNESS 0.0 | 538ml | 0%

Guinness 0.0 boasts the same beautifully smooth taste, perfectly balanced flavour, and unique dark colour of Guinness, just without the alcohol.

£6.50

### GUINNESS | 440ml | 4.1%

The original dry draught stout since 1759.

£6.50

### DOOM BAR AMBER ALE | 500ml | 4.3%

Spicy resinous hop & sweet roasted malts.

£5.75

### JUBEL PEACH LAGER | 330ml | 4% (Vegan)

Craft lager cut with peach.

£6

### CORNISH RATTLER CYDER | 330ml | 4.8%

Named after the feisty Cornish Rattler Apple.

£5.25

### STRAWBERRY & LIME CIDER | 330ml | 4%

Pear cider, blended with strawberry & lime juice & Swedish spring water.

£5.75



CELEBRATING  
**25**  
YEARS

## Soft Drinks

### FRUIT JUICE

Orange | Cranberry | Apple | Pineapple

£2

### GINGER ALE / SLIMLINE TONIC / TONIC CAN

£3

### SOFT DRINK CANS

Cornish Ginger Beer | Appletiser | Pink Grapefruit | Sparkling Elderflower | Brazilian Orange | Raspberry

£3

### SOFT DRINK CANS

Water (Still or Sparkling) | Coke | Diet Coke | Coke Zero

£2.50

### J20 + OASIS CANS

Please ask for flavours.

£3.75

### CORNISH DRAUGHT

Cola | Diet Cola | Light Tonic | Lemonade | Fizzy Orange

Half - £1.85 | Pint - £3.70

## Hot Drinks

### COFFEE

LUSTY GLAZE BEANS ROASTED IN CORNWALL

An iconic beach deserves an iconic coffee. Our Beans are a micro roasted blend of beans from India, El Salvador & Brazil. Roasted fresh to order for us here in Cornwall. Full bodied with lovely soft chocolate, raisin and tangerine sweetness.

ESPRESSO	£3.25	LATTE	£3.85
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AMERICANO	£3.25	CAPPUCINO	£3.85
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FLAT WHITE	£3.85	MOCHA	£4.25
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FLAVOURED SYRUP	£1
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### HOT CHOCOLATE

Our famous hot chocolates are made with lovingly prepared, real melted chocolate. A real indulgence.

### JUST HOT CHOCOLATE

Made with real milk chocolate buttons & squirty cream.

£3.95

### MINTY GLAZE

Made with real dark chocolate buttons swirled with wild peppermint, topped with squirty cream & a milk chocolate stick.

£4.50

### SUNDOWNER

Made with real milk chocolate buttons, swirled with burnt orange & topped with squirty cream & a chocolate orange stick.

£4.50

### CHOPPY CHOCCY SURF

For the kids. Powdered milk chocolate, marshmallows & squirty cream.

£3.95

### TEA

Please ask for available flavours.

Breakfast | Decaf | Flavoured

£3

### MAKE IT BOOZY

Ask for a selection of spirits to give your hot drink that extra kick!

PLASTIC - Ocean's Enemy #1. Don't be alarmed if you get a drink in a plastic cup, the ones we use are fully recyclable so please make sure they are returned to the bar.