

LUSTY  
GLAZE

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*Beach*

*Spring Menu  
2026*



## *Draught & Cans*

MADRI EXCEPCIONAL LAGER   4.6%	Half - £3.75   Pint - £7.50
SHARP'S OFFSHORE PILSNER   4.8%	Half - £3.60   Pint - £7.20
SHARP'S ATLANTIC PALE ALE   4.5%	Half - £3.60   Pint - £7.20
SHARP'S COLD RIVER CIDER   4.5%	Half - £3.40   Pint - £6.80
LUSTY SUNDOWNER LAGER   4%	Half - £3.40   Pint - £6.80
ALCOHOL FREE LAGER   330ml   0%	£4.95
GUINNESS 0.0   538ml   0%	£6.80
GUINNESS   440ml   4.1%	£6.80
DOOM BAR AMBER ALE   500ml   4.3%	£6.50
JUBEL PEACH LAGER   330ml   4% (Vegan)	£6.75
CORNISH RATTLER CYDER   330ml   4.8%	£5.75
STRAWBERRY & LIME CIDER   330ml   4%	£6.00



*Ridiculously Good Cocktails by*

# NICHOLSON

**ESPRESSO MARTINI** £13  
Nicholson Vodka, Coffee, Sugar

**TOMMY'S MARGARITA** £13  
Premium Blanco Tequila, Agave Syrup, Supasawa Citrus

**MIRROR MOJITO** £13  
Nicholson Pro Series Rum, Fresh Mint

**POMELO SPRITZ** £13 & £36 Jug\*  
Nicholson Blood Orange Gin, Pink Grapefruit, Soda

**POMELO ROYALE** £14  
Nicholson Blood Orange Gin, Pink Grapefruit, Prosecco

**RUM PUNCH** £13 & £36 Jug\*  
Nicholson Pro Series Rum, Orange Juice, Pineapple Juice

**LIGHT & STORMY** £13  
Nicholson Pro Series Rum, Ginger Beer, Fresh Lime

**ELDERFLOWER COLLINS** £13 & £36 Jug\*  
Nicholson Pro Series Gin, Elderflower, Soda

**ENGLISH GARDEN SPRITZ** £13 & £36 Jug\*  
Nicholson Pro Series Gin, Fresh Mint, Apple Juice, Soda

**LUSTY'S PINK LEMONADE** £13 & £36 Jug\*  
Nicholson Pro Series Gin, Grenadine, Lemonade, Fresh Lemon



**A JUG CONTAINS \*700ml - 800ml (3-4 SERVES)**

## House Wines

### **Nice SAUVIGNON BLANC - SPAIN 10.5% (VG)**

This dry, crisp white is a little bit fruity and seriously up for anything. A Sauvignon Blanc with the sass of a grape that knows it's got it.

Medium - £7.20  
Large - £9.50

### **Nice PALE ROSE - FRANCE 11% (VG)**

This pink's a catch. Crisp, fresh and brazenly French, it loves a party, a picnic or a tempting sofa. Happy to go anywhere, as long as it's with you.

Medium - £7.20  
Large - £9.50

### **Nice MERLOT - FRANCE 12.5% (VG)**

This juicy and delicious French red hails from the south of France. Big on taste, yet as smooth as your best oneliner.

Medium - £7.20  
Large - £9.50

## Rose Wines

### **VINA PALOMERAS ROSADO ROSE | SPAIN 12.5% (VG)**

Intensely fruity and bright pink in colour, this refreshing 100% grenache rose wine has flavours of redcurrant and wild strawberry.

Medium - £7.40  
Large - £9.85  
Bottle - £29.50

### **ENTREFLORES ROSARDO | SPAIN 12.5% (VG)**

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 - £8.15  
Large - £10.85  
Bottle - £32.50

### **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 only £55

## Red Wines

**FIORI SUL MURO SANGIOVESE RED - ITALY 12% (VG)** Medium - £7.40  
Produced by a 3rd generation Italian family run winery, this red is a Large - £9.85  
rich, lush and delicious wine, packed with fruit on the palate. Bottle - £29.50

**CENTRAL MONTE MERLOT | ITALY 12.5% (VG)** Medium - £8.40  
A beautiful bouquet of black cherries and red summer fruits. Large - £11.20  
Bottle - £33.50

**WRITER'S BLOCK SHIRAZ | SOUTH AFRICA 14%** Medium - £7.90  
An upfront black cherry and plum bouquet is complimented with Large - £10.50  
peppery flavours on the palate. Soft tannins ensure a lingering, smooth Bottle - £31.50  
finish.

**VILLA BLANCHE MALBEC | FRANCE 14%** Bottle only £43  
On the palate this wine is smooth and juicy with dark berry fruits and  
vanilla spice.

## White Wines

**SOLINO BIANCO WHITE | ITALY 11% (VG)** Medium - £7.40  
Perfect for beach celebrations or to pair with a variety of food. Large - £9.85  
Bottle - £29.50

**BELLA TRAMONTO PINOT GRIGIO | ITALY 12%** Medium - £7.65  
Well-balanced Pinot Grigio has a rich fruity aroma with a smooth Large - £10.20  
taste. Bottle - £30.50

**LE JARDIN CHARDONNAY | FRANCE 12%** Medium - £8.15  
Well rounded Chardonnay with aromas of citrus and tropical fruit. Large - £10.85  
There's a hint of creaminess on the palate which is dominated by Bottle - £32.50  
green apple flavours

**TURTLE BAY SAUVIGNON BLANC | NEW ZEALAND  
MARLBOROUGH 13% (VG)** Bottle only £46  
This wine is fresh and vibrant with passion fruit, gooseberry and  
some melon characters.

## Sparkling Wines

### PROSECCO | ITALY 10.5% (VG)

Cheers! With a pale light-yellow colour and delicate bubbles, this is a classic prosecco.

Glass - £6.50  
Bottle - £35

### PROSECCO ROSÉ | ITALY 10.5% (VG)

A delicate pink colour with wild strawberries and floral notes on the nose. Well rounded with fine bubbles and flavours of red berries, citrus and peach.

Glass - £6.50  
Bottle - £35

### BERVINI PURO BRUT ORGANIC PROSECCO | 11.5%

With a refined perlage, and a distinct minerality with unique apple and pear notes. This exquisite Prosecco expresses into the glass the concept of purity & innocence

Bottle - £47.25

### MOET & CHANDON BRUT | 11%

Radiant aromas of apple, yellow peach & honey with floral nuances.

Bottle - £99

### VEUVE CLICQUOT BRUT | 12%

Offering flavors of pear, peach, and pastry enhanced by a touch of dried fruit.

Bottle - £105

### NOZECCO 0% (VG)

A fresh and fruity prosecco alternative.

Glass - £3.20  
Bottle - £19

## Vodka Spritz

*Connie Glaze*  
SLOW SAND FILTERED VODKA

### THE PALOMA SPRITZ

A zesty, zippy & juicy spritz  
50ml Connie Glaze Pink Grapefruit Vodka, soda water, grapefruit wedge

£11.00

### THE HUGO SPRITZ

A glass of cornish sunshine  
50ml Connie Glaze Elderflower Vodka, soda water, fresh mint & zesty lime

£11.00

### THE LEMON SHERBET SPRITZ

A dazzling citrus aperitivo  
50ml Connie Glaze Lemon Sherbet Vodka, soda water, lemon wheel


£11.00

### THE SUNSHINE SPRITZ

A clean tropical lift with a refreshing zing  
50ml Connie Glaze Passionfruit Vodka, soda water, orange wheel

£11.00

## Soft Drinks

<b>FRUIT JUICE</b>	<b>£2.20</b>
Orange   Cranberry   Apple   Pineapple	
<b>GINGER ALE / SLIMLINE TONIC / PEACH ICED TEA</b>	<b>£3.00</b>
<b>CAWSTON PRESS GINGER BEER</b>	<b>£3.50</b>
<b>APPLETISER</b>	<b>£3.50</b>
<b>PIPELINE PUNCH MONSTER ENERGY DRINK (500ml)</b>	<b>£5.65</b>
<b>WATER CAN</b>	<b>£2.50</b>
Still   Sparkling	
<b>J20</b>	<b>£3.80</b>
Orange & Passionfruit   Apple & Raspberry	
<b>DRAUGHT SOFT</b>	<b>Half - £1.95</b>
 Coke   Diet Coke   Coke Zero	<b>Pint - £3.90</b>
Tonic   Lemonade   Sunkist Orange	
<b>CORNISH SPARKLING CAN</b>	<b>£3.95</b>
Elderflower   Rhubarb & Apple	
<b>KOMBUCHA (Lightly Sparkling)</b>	<b>£3.95</b>
Hip Pop Strawberry & Pineapple   Blueberry & Ginger	

★

PLASTIC - Ocean 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. ★

## Hot Drinks

ESPRESSO	£3.50	TEA	£3
AMERICANO	£3.50	English Breakfast	
FLAT WHITE	£4	Earl Grey	
LATTE	£4	Chamomile	
ICED LATTE	£4	Peppermint	
CAPPUCINO	£4	Red Berry	
MOCHA	£4.30	Green	



## Hot Chocolates

<b>CLASSIC VELVET</b>	£4.50
Belgium milk chocolate, topped with whipped cream and marshmallows	
<b>MINTY GLAZE</b>	£5
Belgium dark chocolate, swirled with wild peppermint, topped with cream & a milk chocolate stick	
<b>SUNDOWNER</b>	£5
Belgium milk chocolate, swirled with burnt orange, topped with cream & a chocolate orange stick	
<b>PLAYA BLANCO</b>	£5
Melted white chocolate, swirled with vanilla syrup, topped with cream and cinnamon	
<b>CHOPPY CHOCY SURF</b>	£4
For the kids - Powdered milk chocolate, topped with marshmallows & cream	

## MAKE IT BOOZY

Baileys Irish Cream -	Smooth and creamy finish	Per shot	£4.85
Coffee Liqueur -	Coffee chocolate harmony		£3.00
Spiced Rum -	Cozy Caribbean twist		£3.95
Grand Marnier -	Zesty chocolate orange		£4.75
Brandy -	Smooth & warming timeless classic		£4.15

★ Decaf & alternative milks available - please ask your server ★

**BBC**  
RADIO



**DANCE SOUNDS  
OF THE 90s**

**THE LIVE TOUR**



*Scan for  
tickets*



LUSTY GLAZE BEACH IN ASSOCIATION  
WITH RG LIVE PRESENT:

**VERNON  
KAY**

**+ DJ DARREN NOGUEROL**

**FRI 26 JUNE**

**LUSTY GLAZE BEACH**

**DOORS @ 6PM**

*Dance Sounds of the 90s is a commercial  
production licensed by the BBC.*

## **BREAKFAST**

Available: ALL DAY

### *Croissants*

served with butter

JAM (V)	£6.95
HAM	£6.95
CHEESE (V)	£6.95
HAM & CHEESE	£7.50

# LUNCH & DINNER

Available: 12pm - Close

## 12" Pizza

### MARGHERITA (V VGO GFO)

Tomato base, mozzarella

£13.00

### PEPPERONI (GFO)

Tomato base, pepperoni, mozzarella

£14.00

### FARMERS BASKET (V VGO GFO)

Green pesto base, mushroom, mozzarella, basil, pine nuts

£16.50

### PULLED PORK & PINEAPPLE (GFO)

Tomato base, pulled pork, pineapple, pickled sliced red onion, coriander

£17.50

### PIRI PIRI CHICKEN (GFO)

Tomato base, piri piri chicken, pearl peppers, hot honey, chilli olive oil

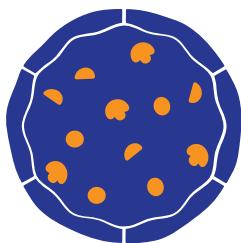
£17.50

### GARLIC WHEEL (VG GFO)

£12

### CHEESY GARLIC WHEEL (GFO)

£13



GLUTEN FREE BASE (additional) £2.50

## Nachos

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

### SINGLE (FOR ONE)

£9.95

ADD VEG OR CHILLI

£2.95

### LARGE (FOR TWO)

£17.95

ADD VEG OR CHILLI

£4.95

### FAMILY (FOR FOUR)

£24.95

ADD VEG OR CHILLI

£7.95

## Cheeseboard (V)

£20

Cornish cheese, crackers, chutney, grapes and butter

## Soup of the Day

£6

Please ask a member of staff for flavour.

ADD ROSEMARY FOCACCIA ROLL

£1

## Salads

### BEACH SOUL (VG)

£8.50

Red onion, diced courgette, cucumber, kohlrabi pieces, diced tomatoes, barley, mint, topped with pickled sliced red onion & sauerkraut

### MEDITERRANEAN VIBES (VG)

£8.50

Pearl couscous, cucumber, grilled courgette, diced tomatoes, grilled pepper, sliced black olives, mint, topped with pickled sliced red onion & sauerkraut

#### ADD:

Mixed seeds & nuts      £1.50

Feta                              £4.00

Chicken                         £4.50

## Nuts & Olives

### WASABI PEAS (VG, GF)

£3.50

### MEXICAN SWEET CHILLI (VG, GF)

£3.75

### SALT & PEPPER CASHEWS (VG, GF)

£4.25

### FRENCH ROSEMARY ALMONDS (VG, GF)

£4.25

### OLIVES (VG, GF)

£4.50

### 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      VGO - VEGAN OPTION

GF - GLUTEN FREE      GFO - GLUTEN FREE OPTION

# Our Story

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”**.

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 1800s. The site's mining history is captured within the deep man-made scar which was carved out to winch ore deposit from the cove by horse and cart, and the awkward steps leading from the mouth of the cave to the top of the cliff.

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. 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 of ownership being to the low water mark. It is reported that it was purchased for the sum of £100.

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.

The site was purchased with the vision of maintaining a community focused Beach Resort but as the home of the UK's first dedicated Rescue Training Centre. 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 licensed 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 our team are passionate about the onerous responsibility in being this generations custodian of a large stretch of the Cornish coastline. There is something magical about this beautiful cove, it captures your heart and soul. Its energy is powerful and in the last 25 years of her ownership, Tracey has witnessed the life changing effects the cove has had on many. As the team continually evolves to balance the needs of the hospitality market and mother nature, we turn our attention to the future.

We hope that you enjoy our home and your visit to Lusty Glaze Beach.