

LUSTY  
GLAZE

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*Beach*

*Summer Menu*  
*2026*



# 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 27 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.

## *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   3.4%	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

WIFI PASSWORD: lustyglazebeach

*Ridiculously Good Cocktails by*

# NICHOLSON

ESPRESSO MARTINI	£13.00
Nicholson Vodka, Coffee, Sugar	
TOMMY'S MARGARITA - Make it <b>spicy</b> with <b>SCRAPPY'S BITTERS</b>	£13.00
Premium Blanco Tequila, Agave Syrup, Supasawa Citrus	
MIRROR MOJITO	£13.00
Nicholson Pro Series Rum, Fresh Mint	
POMELO SPRITZ	£13.00
Nicholson Blood Orange Gin, Pink Grapefruit, Soda	JUG £36.00*
POMELO ROYALE	£14.00
Nicholson Blood Orange Gin, Pink Grapefruit, Prosecco	
RUM PUNCH	£13.00
Nicholson Pro Series Rum, Orange Juice, Pineapple Juice	JUG £36.00*
LIGHT & STORMY	£13.00
Nicholson Pro Series Rum, Ginger Beer, Fresh Lime	
ELDERFLOWER COLLINS	£13.00
Nicholson Pro Series Gin, Elderflower, Soda	JUG £36.00*
ENGLISH GARDEN SPRITZ	£13.00
Nicholson Pro Series Gin, Fresh Mint, Apple Juice, Soda	JUG £36.00*
LUSTY'S PINK LEMONADE	£13.00
Nicholson Pro Series Gin, Grenadine, Lemonade, Fresh Lemon	JUG £36.00*



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

Ridiculously Good Alcoholic Slushies by

# NICHOLSON



STRAWBERRY DAQUIRI £13.00\*

PINA COLADA £13.00\*



*\*SLUSHIES ARE STRICTLY A "SUNS OUT, STOCKS IN" KIND OF ROMANCE. CHECK WITH YOUR SERVER FOR AVAILABILITY*

**SPECIAL PRICE COCKTAIL JUGS  
DURING EVERY DJ SUNDOWNER SESSION!**

**£32**

## POMELO SPRITZ

Nicholson Blood Orange Gin, Pink Grapefruit, Soda

## RUM PUNCH

Nicholson Pro Series Rum, Orange Juice, Pineapple Juice

## ELDERFLOWER COLLINS

Nicholson Pro Series Gin, Elderflower, Soda

## ENGLISH GARDEN SPRITZ

Nicholson Pro Series Gin, Fresh Mint, Apple Juice, Soda

## LUSTY'S PINK LEMONADE

Nicholson Pro Series Gin, Grenadine, Lemonade, Fresh Lemon

## 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 MALBEC - ARGENTINA 12.5% (VG)**

This juicy and delicious red hails from Argentina. Big on taste, yet as smooth as your best onliner.

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

## White Wines

### SOLINO BIANCO WHITE - ITALY 11% (VG)

Perfect for beach celebrations or to pair with a variety of food.

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

### BELLA TRAMONTO PINOT GRIGIO - ITALY 12%

Well-balanced Pinot Grigio has a rich fruity aroma with a smooth taste.

Medium - £7.65  
Large - £10.20  
Bottle - £30.50

### LE JARDIN CHARDONNAY - FRANCE 12%

Well rounded Chardonnay with aromas of citrus and tropical fruit. There's a hint of creaminess on the palate which is dominated by green apple flavours

Medium - £8.15  
Large - £10.85  
Bottle - £32.50

### TURTLE BAY SAUVIGNON BLANC - NEW ZEALAND MARLBOROUGH 13% (VG)

This wine is fresh and vibrant with passion fruit, gooseberry and some melon characters.

Bottle only £46

## Red Wines

### FIORI SUL MURO SANGIOVESE RED - ITALY 12% (VG)

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 - £7.40  
Large - £9.85  
Bottle - £29.50

### CENTRAL MONTE MERLOT - ITALY 12.5% (VG)

A beautiful bouquet of black cherries and red summer fruits.

Medium - £8.40  
Large - £11.20  
Bottle - £33.50

### WRITER'S BLOCK SHIRAZ - SOUTH AFRICA 14%

An upfront black cherry and plum bouquet is complimented with peppery flavours on the palate. Soft tannins ensure a lingering, smooth finish.

Medium - £7.90  
Large - £10.50  
Bottle - £31.50

### VILLA BLANCHE MALBEC - FRANCE 14%

On the palate this wine is smooth and juicy with dark berry fruits and vanilla spice.

Bottle only £43

LUSTY  
GLAZE  
*Beach*

SUNDOWNER  
SESSIONS  
presents...

# SHY FX

+ MC RAGE

+ KONQUERIN SOUNDZ | DJ PROOF | ALDO VANUCCI

FRI 10 JULY 2026  
LUSTY GLAZE BEACH, NEWQUAY

Scan for  
tickets



# IBIZA CLUB CLASSICS ODYSSEY PART 2

SAT 25 JULY 2026

Scan for  
tickets



# MAMMA MIA!

HERE WE GO AGAIN  
The ultimate beach party!

SUNDAY 26 JULY 2026

Scan for  
tickets

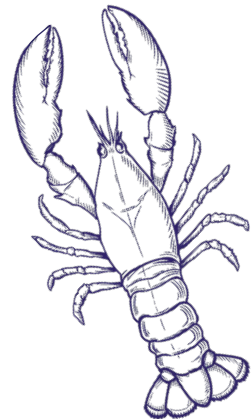


## The Pickled Chef Restaurant

*at Lusty Glaze Beach*

*Enjoy a relaxed seaside restaurant from a local chef.  
Serving bold, flavour-packed dishes using quality  
local produce.*

*From fresh seafood and generous sharing  
platters to hearty Sunday roasts and indulgent  
desserts, the menu is designed for long lunches,  
social evenings, and casual dining by the sea.*



**Open all year,  
scan for reservations -  
[www.pickledchef.co.uk](http://www.pickledchef.co.uk)**

# 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 - £35.00

## 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 - £35.00

## 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 - £99.00

## VEUVE CLICQUOT BRUT | 12%

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

Bottle - £105.00

## NOZECCO 0% (VG)

A fresh and fruity alcohol free prosecco alternative.

Glass - £3.20  
Bottle - £19.00



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.



# 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

**BBC**  
**RADIO** **2** **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.

## Soft Drinks

FRUIT JUICE	£2.20
Orange   Cranberry   Apple   Pineapple	
GINGER ALE / SLIMLINE TONIC / PEACH ICED TEA	£3.00
CAWSTON PRESS GINGER BEER	£3.50
APPLETISER	£3.50
PIPELINE PUNCH MONSTER ENERGY DRINK (500ml)	£5.65
WATER CAN	£2.50
Still   Sparkling	
J2O	£3.80
Orange & Passionfruit   Apple & Raspberry	
DRAUGHT SOFT	Half - £1.95
 Coke   Diet Coke   Coke Zero	Pint - £3.90
Tonic   Lemonade   Sunkist Orange	
CORNISH SPARKLING CAN	£3.95
Elderflower   Rhubarb & Apple	

JAMU SODA (low calorie, gut friendly) £3.95  
Raspberry & Hibiscus | Lemon & Basil  
Blood Orange & Peach | Cucumber & Pineapple



*"As part of our pledge to rewild our natural playgrounds, 1% of every can sale goes towards protecting & nurturing British seagrass."*

**MAKE IT BOOZY:**

Pair with Gin, Rum or Tequila from £3.85

## Hot Drinks

ESPRESSO	£3.50	TEA	£3.00
AMERICANO	£3.50	English Breakfast	
FLAT WHITE	£4.00	Earl Grey	
LATTE	£4.00	Chamomile	
ICED LATTE	£4.00	Peppermint	
CAPPUCINO	£4.00	Red Berry	
MOCHA	£4.30	Green	



## Hot Chocolates

CLASSIC VELVET	£4.50
Belgium milk chocolate, topped with whipped cream and marshmallows	
MINTY GLAZE	£5.00
Belgium dark chocolate, swirled with wild peppermint, topped with cream & a milk chocolate stick	
SUNDOWNER	£5.00
Belgium milk chocolate, swirled with burnt orange, topped with cream & a chocolate orange stick	
PLAYA BLANCO	£5.00
Melted white chocolate, swirled with vanilla syrup, topped with cream and cinnamon	
CHOPPY CHOCOCY SURF	£4.00
For the kids - Powdered milk chocolate, topped with marshmallows & cream	

## MAKE IT BOOZY

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

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

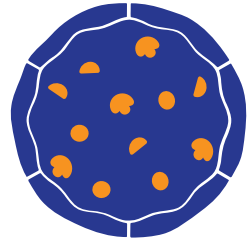
# BREAKFAST

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 Tomato base, pulled pork, pineapple, pickled sliced red onion, corriander	£17.50
PIRI PIRI CHICKEN (GFO) Tomato base, piri piri chicken, pearl peppers, hot honey, chilli olive oil	£17.50
GARLIC WHEEL (VG GFO)	£12.00
CHEESY GARLIC WHEEL (GFO)	£13.00
GLUTEN FREE BASE (additional)	£2.50

## Salads

**BEACH SOUL (VG)** £8.50  
Red onion, diced courgette, cucumber, kohlrabi pieces, diced tomatoes, barley, mint, topped with pickled sliced red onion & sauerkraut

**MED 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

★

Do you know what to do  
if you're struggling  
in the water?



## FLOAT TO LIVE:

- ▶ Tilt your head back with ears submerged
- ▶ Relax and try to control your breathing
- ▶ Use your hands to help you stay afloat
- ▶ It's OK if your legs sink, we all float differently



Lifeboats

## WHAT TO DO IF SOMEONE IS IN TROUBLE IN THE WATER

### STEP 1: Call for help

Keep an eye on the casualty, call 999 or 112 and ask for the coastguard. Our address:

Lusty Glaze Beach, Newquay. TR7 3AE

### STEP 2: Talk

Talk to the casualty, encourage them to keep calm and float. Reassure them that you are getting help

### STEP 3: Reach

Try to reach them from the shore using any lifesaving equipment available. Do not go in the water yourself

### STEP 4: Throw

Throw a line to the casualty and pull them towards the shore if possible

## THE NEAREST COMMUNITY DEFIBRILLATOR:

Tesco Express Whitewater,  
Narrowcliff, Newquay, TR7 2RZ

## NOTIFY LIFEGUARDS

Lusty Glaze Beach has Lifeguard patrols during the 6 weeks of summer holidays.

## OTHER SAFETY TIPS

### How to get out of a rip current

If you find yourself being swept out to sea, don't try to swim against the tide. You'll only exhaust yourself. If you can stand up, wade. If you can, swim parallel to the shore until you're free of the rip. Always raise your hand and shout for help.

### Don't get caught out by the tide

Watch out for the incoming tide. Always take a phone with you and keep it securely attached to your body, so you can call for help if needed.

**In a coastal emergency  
call 999 or 112 for the coastguard**

Get more advice at [RNLI.org/keysafetytips](https://www.rnli.org/keysafetytips)

The RNLI is the charity that saves lives at sea  
The Royal National Lifeboat Institution, a charity registered in England and Wales (209603),  
Scotland (SC037798), the Republic of Ireland (CHI 2678 and 20008326), the Bailiwick of  
Jersey [14], the Isle of Man (1508 and 0862297), the Bailiwick of Guernsey and Alderney,  
of West Quay Road, Poole, Dorset, BH15 1JZ

  
#RESPECTTHEWATER