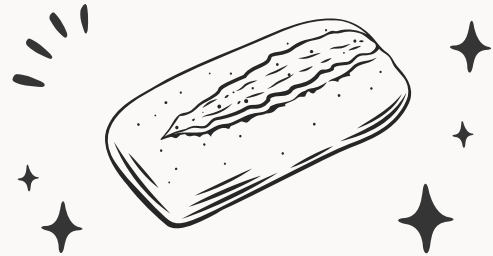




Beach Box Cafes Menu

Wraps

Falafel, Humous, Carrot, Spinach, & Beetroot (VG) (DF)	6.45
Chicken Tikka with Mint Yogurt, Mango chutney and Romaine Lettuce (DF)	6.95



Homemade Coconut Lentil Dahl (VG)	
Served with Lebanese flatbread	9.95

Ciabattas	
<i>Made with Da Bara Bakery ciabatta</i>	
Tuna Melt with Spring Onion & Mozzarella	8.50
Brie, Bacon, & Chilli Jam	8.50
Roasted Garlic Mushroom, Spinach, Caramelised Onion, and Balsamic Glaze (V)	8.50
Halloumi, Sun Blushed Tomato, & Pesto (V)	8.50

Homemade Salads

Mexican Chicken Salad with Ranch Dressing (Fajita chicken, romaine lettuce, sweetcorn, black beans, cherry tomatoes, red onion, avocado, & radish) (NGI)	12.95
Beetroot and Sweet Potato Falafels Salad with Honey Mustard Dressing (spinach, houmous, celery, kalamata olives, red onion, cherry tomatoes, & cucumber) (NGI) (VG) (DF)	11.95
Goats Cheese, Honied Pears, Walnuts & Beetroot Salad with Maple Balsamic Dressing (romaine lettuce, grapes, & radish) (V) (NGI)	11.95
Salmon Noodle Bowl with Asian Slaw (satay noodles and edamame) (DF)	11.95





Beach Box Cafes Menu

Pasties

Steak Pasty	6.45
Cheese & Onion Pasty (V)	6.45
Non-gluten ingredient based Pasty Steak OR Cheese & Onion (V)	7.45
St Agnes Bakery Pork, Apple & Cider Sausage Roll	5.95
Vegan sausage roll (VG)	5.95

Kids

Fish Finger, Chips, & Beans (NGI)	6.95
Sausage, Chips, & Beans (NGI)	6.95
Kids Food Box Ham, cheese, or jam sandwich, Pip Organic drink, Pip fruit stick, Pomme Bear crisps	7.45

Fish Finger Roll

Made with Barnecutt's XL Roll

Jumbo Cod Fishfinger Roll With homemade tartare sauce & lettuce in an extra large bap	10.95
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Fries

Fries (VG)	5.45
Cheesy Fries (V)	6.45
Truffle Oil & Parmesan Fries (V)	6.95



Loaded Fries

Available at Harlyn & Camel Trail locations

Beef Chilli Fries Topped with beef chilli, cheese, jalapeños, pickled red onion, & sour cream	11.95
Bean Chilli Fries (VG) Topped with veggie chilli, pickled red onion, vegan cheese, & jalapeños	11.95
Pork Fries Topped with pulled pork, cheese, jalapeños, pickled red onion, & sour cream	11.95
Cheese and Coleslaw (V) Topped with cheese, homemade coleslaw and jalapeños	8.45

Jacket Potatoes

Available at Harlyn and Mawgan
Porth locations

Plain Jacket Potato	5.50
Chilli Con Carne (NGI) (DF)	7.00
Vegan Chilli (NGI)	6.95
Tuna Mayonnaise (NGI)	6.95
Homemade Coleslaw (V)	6.50
Cheese (V) (NGI)	6.50
Baked beans (VG) (NGI)	6.50
Add Cheese	1.00



Beach Box Cafes Menu

Pizza

Available at Harlyn and Camel Trail locations

Served on a traditional Italian base with a range of toppings

Margherita (V)	
Tomato base topped with grated mozzarella, and basil oil	11.95

Pepperoni	
Tomato base, simply topped with lashings of pepperoni and mozzarella	13.95

Hawaiian	
Tomato base, julienne ham, pineapple and mozzarella	13.95

Greek Pizza (V or VG)	
Tomato base, olives, sun dried tomatoes, red onion, feta cheese, mozzarella, & rocket	14.95

Chicken Tikka	
Tomato base, chicken tikka, red onion, pepper pearls, with mango chutney and mint yogurt drizzle	14.95

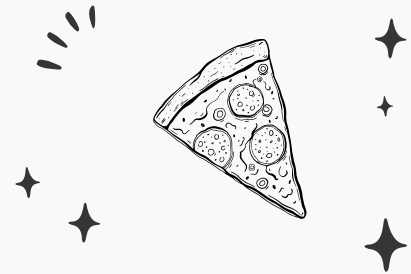
Meat Feast	
Tomato base, BBQ pulled pork, pepperoni, julienne ham, pepper pearls, & mozzarella	14.95

Garlic Mushroom Pizza (V)	
Tomato base, garlic field mushrooms, balsamic drizzle, mozzarella, & rocket	13.95

Garlic Pizza Bread (VG)	8.45
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Cheesy Garlic Bread (V)	9.95
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Can be made vegan and with non-gluten ingredients



Burger

Available at Harlyn location

Locally sourced 6oz Phillip Warren Steak Burger in a Pretzel Bun with baby gem lettuce, beef steak tomatoes, red onion, & gherkins

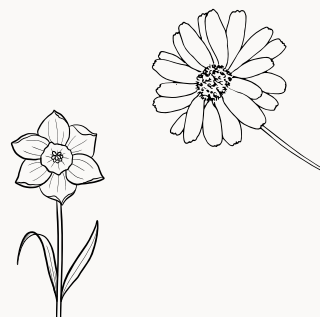
Cheese Burger	13.45
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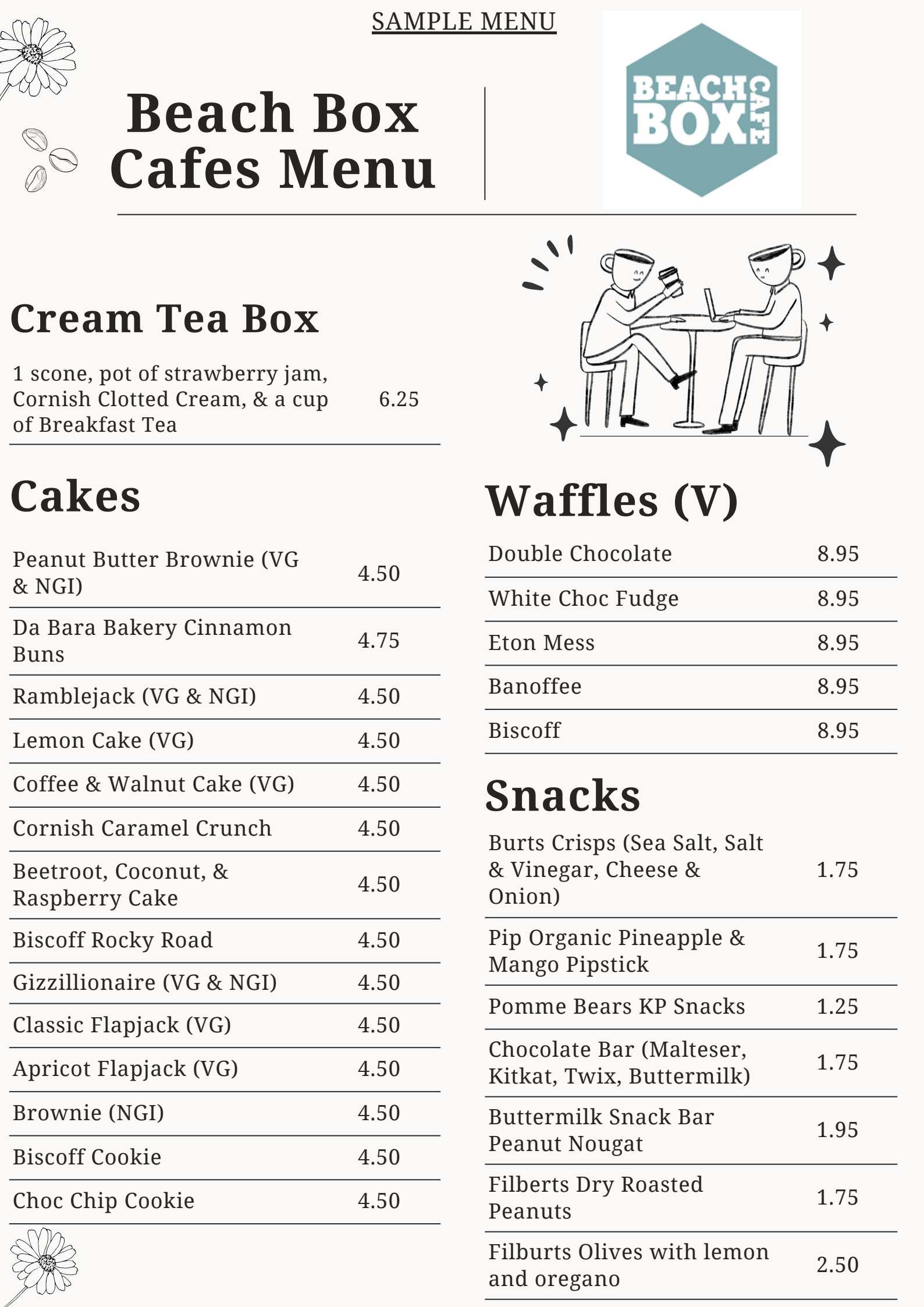
Big Kahuna Burger	
Cheese, bacon & pineapple	14.45

Italian Burger	
Emmental cheese, nduja salami, smoky tomato, salsa, oregano, crispy onions	14.95

Pulled Pork Burger	
Emmental cheese, pulled pork, & pickled cucumber	14.95

Pumpkin and Spinach Burger (VG)	12.95
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Beach Box Cafes Menu

Cream Tea Box

1 scone, pot of strawberry jam, Cornish Clotted Cream, & a cup of Breakfast Tea 6.25

Cakes

Peanut Butter Brownie (VG & NGI) 4.50

Da Bara Bakery Cinnamon Buns 4.75

Ramblejack (VG & NGI) 4.50

Lemon Cake (VG) 4.50

Coffee & Walnut Cake (VG) 4.50

Cornish Caramel Crunch 4.50

Beetroot, Coconut, & Raspberry Cake 4.50

Biscoff Rocky Road 4.50

Gizzillionaire (VG & NGI) 4.50

Classic Flapjack (VG) 4.50

Apricot Flapjack (VG) 4.50

Brownie (NGI) 4.50

Biscoff Cookie 4.50

Choc Chip Cookie 4.50



Waffles (V)

Double Chocolate 8.95

White Choc Fudge 8.95

Eton Mess 8.95

Banoffee 8.95

Biscoff 8.95

Snacks

Burts Crisps (Sea Salt, Salt & Vinegar, Cheese & Onion) 1.75

Pip Organic Pineapple & Mango Pipstick 1.75

Pomme Bears KP Snacks 1.25

Chocolate Bar (Malteser, Kitkat, Twix, Buttermilk) 1.75

Buttermilk Snack Bar Peanut Nougat 1.95

Filberts Dry Roasted Peanuts 1.75

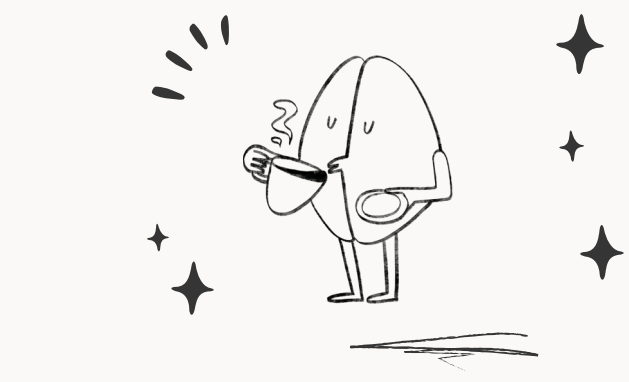
Filburts Olives with lemon and oregano 2.50

Coffee	Hot	/ Ice
Espresso	2.95	-
Americano	3.50	4.95
Flat White	3.95	-
Latte	4.25	4.95
Cappucino	4.25	-
Mocha	4.25	4.95
Macchiato	3.50	-
Cortado	3.50	-
Bebeccino	2.95	-
Affogato	5.65	-
Iced Frappe	-	4.95
Iced Frappe Deluxe		5.45

Oat, Coconut & Soya Milks available at no extra cost!

Syrups

Caramel	50p
Salted Caramel	50p
Vanilla	50p
Hazelnut	50p
Sugar Free Caramel Syrup	50p



Non Coffee	Hot	/ Ice
Hot Chocolate	4.25	-
Deluxe Hot Chocolate	5.25	-
Kids Hot Chocolate	2.95	-
Kids Deluxe Hot Chocolate	3.95	-
Matcha	4.25	4.95
Chai	4.25	4.95

Soft Drinks

Diet Coke/Coke/Coke Zero	2.75
Tenzing Natural Energy - Pineapple and Passionfruit	2.95
Pip Organic Fruit Juice - Mango, Orange, & Apple	1.95
Pip Organic Blackcurrant, Raspberry, & Apple	1.95
Cold Press Golden Apple Juice	2.95
Cold Press Valencia Orange Juice	2.95
Cold Press Ginger Shot	2.95
Cornish Sparkling Orange Jolly's	2.75
Rio	2.75
Cornish Orchards (Elderflower, Sicilian Lemon, Sparkling Apple)	2.75
Water - still OR sparkling	2.15



Tea

English Breakfast	2.95
Decaf	2.95
Earl Grey	2.95
Green Tea	2.95
Peppermint	2.95
Lemon and Ginger	2.95
Chamomile	2.95
Berry	2.95
Raspberry Iced Tea	4.95
Sugar Free Peach Iced Tea	4.95





Beach Box Cafes Menu



Gelato

*Homemade in our
St Minver Kitchen*

Single Scoop	4.50
Double Scoop	6.50
Flake OR Fudge Stick	50p
Marshfield's Ice Lolly (Blackcurrant / Orange)	2.50
Slickers Doggy Ice Cream	4.50

Milkshakes

Made with any Gelato Flavour	6.50
Add Cream & Sauce	50p

Smoothie Bowls

The same base as our smoothies blended with 1/2 a banana with a layer of granola and topped with seasonal fresh & dried fruits	8.95
Paddle Power with a scoop of Crunchy Peanut Butter	9.95
Add Bulk Mixed Berry Collagen (VG)	2.50

Smoothies

Passion Storm Aloe Vera, Passionfruit, Guava, Peach, Pineapple & Papaya	6.50
Strawberry Delight Peach, Papaya & Strawberries	6.50
Raspberry Heaven Raspberry, Blueberry, Apple & Mango	6.50
Recovery Red Beets, Blueberry, Pineapple, Ginger & Apple Juice	6.50
Super Green - Spinach, Avocado, Apple, Lime, Basil, Spirulina, and a scoop of collagen	6.50
Paddle Power with scoop of Crunchy Peanut Butter Acai, Blueberry, Mango, Strawberry, Crunchy Peanut Butter & Coconut Milk	7.00
Add Bulk Mixed Berry Collagen (VG)	2.50





BEACH BOX

*All cocktails are also available as **Mocktails***





Beach Box Cafes Menu

Alcoholic Drinks at Polzeath

Available at Polzeath location

Vodka & Mixer	8.00
Vodka (37.5%)	
Rum & Mixer	8.00
Dead Man's Fingers Spiced Rum (40%)	
Whisky & Mixer	8.00
Jamesons Irish Whiskey (40%)	
Firebrand Cornish Helles	1/2 pint 4.25
Beach Lager (4.4%)	pint 7.50
Firebrand Summerleaze Hazy Pale Ale (4%)	1/2 pint 4.25
	pint 7.50
Rattler (Apple 5.5%), Berry (4%)	6.95
Wine - Cava (11%), White (11.5%) Or Rose (12.5%)	125 ml 7.00
	75ml 9.00
Shandy	1/1 pint 4.25
	pint 7.00

