

Beach Box Cafes Menu

Breakfast Baps - served until 11:30

Made with Barnecutt's Tiger Rolls

Beach Box Bap (bacon, sausage, hash brown, & egg)	9.50
Bacon Bap	5.95
Sausage Bap	5.95
Bacon & Sausage Bap	8.25
Vegan Sausage Bap (VG)	5.95
Egg Bap (V)	5.45
Add Hashbrown	1.00
Add Egg	1.00

Non-gluten ingredient based baps are available

Breakfast Classics - served until 11:30

Maple & Bacon Waffles	8.50
Banana Bread (Greek Yoghurt, Honey, Granola & Fresh Fruit) (V)	7.45
Homemade Shakshuka & Half Tiger roll (V)	6.95
Overnight Oats (Served either hot or cold with a homemade fruit compote) (V)	5.45
Croissant	2.50
Pain aux Choc	2.50



Toasties

Made with Da Bara Bakery Sour Dough

Cheddar Cheese (V)	6.45
Cheese and Homemade Chutney (V)	7.45
Cheddar Cheese & Ham	6.95
Cheddar Cheese, Ham, & Homemade Chutney	8.45
Chicken & Stuffing with Dipping Gravy	8.45
Halloumi with Red Pepper & Pesto (V)	7.95

Soup

Served with a half tiger roll

Mushroom & Tarragon, with Lion's Mane Mushrooms (V) (NGI)	6.95
Sweet Potato, Coconut, & Chilli (VG) (NGI)	6.95
Leek & Potato (V) (NGI)	6.95
Roasted Tomato & Red Pepper (VG) (NGI)	6.95
Broccoli & Blue Cheese (V) (NGI)	6.95
Any soup with a Cheese Toastie	10



Beach Box Cafes Menu

Homemade Coconut Lentil Dahl (VG)

Served with Lebanese flatbread 9.95

Non-gluten ingredient based baps are available

Ciabattas

Made with Da Bara Bakery ciabatta

Brie, Bacon, & Cranberry Ciabatta 8.50

Homemade Pulled Pork with Pickled Red Onion Ciabatta 8.50

Tuna Melt with spring onions and cheddar cheese 8.50

Loaded Fries

Available at Harlyn & Camel Trail locations

Topped with cheddar cheese, sour cream, & pickles

Homemade Beef Chilli Fries (NGI) 11.95

Homemade BBQ Pulled Pork Fries (NGI) 11.95

Homemade Vegan Chilli Fries (V) (NGI) 11.95

Fries

Fries (VG) 5.45

Cheesy Fries (V) 6.45

Truffle Oil & Parmesan Fries (V) 6.95



Hot Dogs

Served in a pretzel bun

Traditional Jumbo Pork Frankfurter (Crispy Onions, Mustard, & Ketchup) 9.95

Jumbo Vegan Hot Dog (Crispy Onions, Mustard, & Ketchup) (VG) 9.95

Loaded Frankfurter (Homemade Chilli, Cheese, & Crispy Onions) 11.95

Loaded Vegan Hot Dog (Homemade Chilli, Cheese, & Crispy Onions) (V) (VG no cheese) 11.95

Pasties

Traditional 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

St Agnes Bakery Vegan Tandoori Roll 5.95



Beach Box Cafes Menu



Pizza

Available at Harlyn and Camel Trail locations

Served on a traditional Italian base with a range of toppings, NGI bases available

Margherita (V)

Tomato base topped with grated mozzarella, and basil oil 11.95

Loaded Pepperoni

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

Honey Chilli Chicken

With Sweetcorn, Roquito Peppers & Hot Honey Drizzle 14.95

Garlic Mushroom Pizza (V)

Tomato base, garlic field mushrooms, balsamic drizzle, mozzarella, & rocket 13.95

Garlic Pizza Bread (VG)

Cheesy Garlic Bread (V) 8.45

Fish Finger Roll

Made with Barneclutt's XL Roll

Jumbo Cod Fishfinger Roll

With homemade tartare sauce & lettuce in an extra large bap 10.95

Homemade Thai Fishcakes

With fries and sweet chilli sauce (NGI) 12.50



Burger

Available at Harlyn location

Locally sourced 6oz Phillip Warren Steak Burger in a Pretzel Bun with baby gem lettuce, sliced tomato, red onion, pickled gherkins, and burger sauce

Cheeseburger 13.45

Cheese & Bacon Burger 13.95

Pulled Pork Burger 14.95

Moving Mountain Burger (VG) 13.45

Jacket Potatoes

Available at Harlyn and Mawgan Porth locations

Cheddar Cheese (V) (NGI) 6.50

Vegan Bean Chilli (V) (NGI) 6.95

Baked Beans (V) (NGI) 6.50

Tuna Mayonnaise (NGI) 6.95

Pulled Pork (NGI) 7.50

Chilli Con Carne (NGI) 7.50

Add cheese 1.00

Kids

Sausages, Chips, & Beans (NG) 6.95

Fishfinger, Chips, & Beans (NGI) 6.95



Beach Box Cafes Menu

Cakes

Brownie (NGI)	4.50
Classic Flapjack (VG)	4.50
Ramblejack (VG & NGI)	4.50
Almond & Apricot Flapjack (VG & NGI)	4.50
Cornish Caramel Crunch	4.50
Biscoff Rocky Road	4.50
Gizzillionaire (VG & NGI)	4.50
Choc Chip Cookie	4.50
Red Velvet Muffin	4.50
Walnut & Coffee Muffin (VG)	4.50
Blueberry Crumble Muffin	4.50
Da Bara Bakery Cinnamon Buns	4.75



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
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



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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

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

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
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
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



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 & Strawberry 6.50

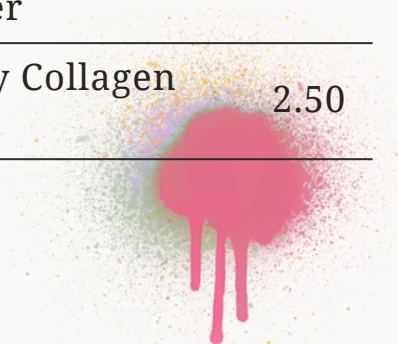
Raspberry Heaven
Raspberry, Blueberry, Apple & Mango 6.50

Recovery
Red Beets, Blueberry, Pineapple, Ginger & Apple Juice 6.50

Super Green -
Spinach, Avocado, Apple, Lime, Basil, Spirulina 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 Cafes Menu

Cocktails & Mixed Drinks at Harlyn

Available at Harlyn location

All cocktails are also available as Mocktail

Espresso Martini A stimulating cocktail of a fresh brewed espresso, Kahula, and vodka	10.00
Aperol Spritz Aperol (11%)	9.00
Pimms & Lemonade Pimms (25%)	8.00
Gin & Mixer Tarquin's Cornish Dry Gin (42%) or Tarquin's Strawberry & Lime (38%)	8.00
Vodka & Mixer Vodka (37.5)	8.00
Rum & Mixer Dead Man's Fingers Spiced Rum (40%)	8.00
Whisky & Mixer Whisky (40%)	8.00



Firebrand Cornish Helles Beach Lager (4.4%)	1/2 pint 4.25 pint 7.50
Firebrand Summerleaze Pale Ale (4%)	1/2 pint 4.25 pint 7.50
Firebrand Shorebreak Alcohol Free Hazy Pale <i>Available at Polzeath location</i>	1/2 pint 4.25 pint 7.50
Shandy	1/2 pint 4.35 pint 7.00
Rattler (Apple 5.5%), Berry (4%), Or Pear (4%)	1/2 pint 4.25 pint 7.50
Apple only available on draught	
Wine (Red (13.5%), Cava (11%), White (11.5%) Or Rose (12.5%))	125 ml 7.00 75ml 9.00



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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	1/2 pint 4.25
Pale Ale (4%)	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

