

GYLLY BEACH

LUNCH until 4pm

Nibbles *have a few or add chips*

SALT & PEPPER SQUID soy, ginger & chilli dipping sauce	10	ngci
CHARGRILLED MARINATED PRAWN SKEWER sumac, garlic & coriander yoghurt	13	ngci
HARISSA MACKEREL BRUSCHETTA fennel, rocket, pickles & cod's roe dressing	14	gfo
GFC GYLLY FRIED CHICKEN buffalo & blue cheese, pickles	11	ngci
CAULIFLOWER BITES crispy cauliflower, soy, sesame, ginger	9	ngci v
GARLIC AND TOMATO BRUSCHETTA wild rocket, aged balsamic	8	gfo v
GORDAL OLIVES olive oil, black pepper	6	ngci v

Lighter Meals

PORK STEAK burnt orange, fennel and hazelnut slaw	16	ngci
CHICKEN SUPREME gem lettuce, anchovies, Caesar dressing, croutons	17	gfo
OPEN STEAK SANDWICH sourdough, melted blue cheese, cyder onions, mustard mayonnaise, salted fries, <i>served pink</i>	19	gfo
NEWLYN MARKET FISH dressed red peppers, capers, herbs	POA	
LOADED SOURDOUGH PITA melted cheese, slaw, Korean BBQ sauce, garlic yoghurt, pickles - <i>choose either buttermilk fried chicken or crispy fried mushroom</i>	14	vg

choose a gylly hummus - lemon and garlic hummus served with toasted sourdough pita and topped with either:

CORNISH WHITE CRAB spring onion, cucumber salsa	16	gfo
LAMB AND NDUJA pomegranate, mint, whipped feta, seeds	15	gfo
PEPPERONATA charred red pepper, capers, green salsa	12	gfo v

Mains

ST AUSTELL BAY MUSSELS white wine, garlic, cream, fries, toasted focaccia	23	gfo
RATTLER BATTERED FISH 'N' CHIPS mushy peas, seaweed tartare sauce, lemon wedge	20	ngci
CRAB ORECCHIETTE PASTA Cornish white crab, chilli, lemon, herbs, pangratatto	30	
FRIED BUTTERMILK CHICKEN BURGER buffalo sriracha butter sauce, garlic mayo, house slaw, pickles	19.5	gfo
BACON CHEESE BURGER baconnaise, ketchup, burger cheese, shredded lettuce, pickles, salted fries	21	gfo
PRIMIVERA PASTA charred courgette, peas, mint, crème fraîche, pangratatto	18	vo
CRISPY MUSHROOM BURGER Korean BBQ sauce, slaw, garlic mayo, fries	19	gfo vo

Salads

GREEN SALAD broccoli, courgette, peas, grapes, rocket, quinoa, whipped feta, mint, lemon vinaigrette	16	ngci vo
HERITAGE TOMATO PANZANELLA basil, capers, olives, focaccia, olive oil dressing	18	v
GYLLY SEASIDE CAESAR Cornish crab, crayfish, anchovies, smoked mussels, pickled cockles, croutons, cos lettuce, frisée, soft boiled hens egg, dressing	26	gfo

Sandwiches *on white sourdough bloomer served with dressed leaf, crisps*

GYLLY BLT warm bacon, lettuce, tomato	11.5	gfo
CRAYFISH AND PRAWN MARIE ROSE lettuce, paprika, mayonnaise	14.5	gfo
3 CHEESE & ONION Red Leicester, cheddar, cream cheese, spring onion	10.5	gfo vg

Sides

CHEESEY GARLIC FOCACCIA garlic & parsley butter, cheddar	7	vg
HOUSE SALAD pickles, house dressing	6	gfo v
GYLLY ROSEMARY & SEA SALT FOCACCIA balsamic & olive oil	7	v
SEA SALTED SKINNY FRIES	6	ngci v

CORNISH CREAM TEA gylly scones, Healeys strawberry jam, Cornish clotted cream	8	
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Please note we use wheat, eggs, nuts, dairy & seeds in our kitchen. Every ingredient on each dish may not be listed. If you have any allergies, please make your server aware

ngci non gluten containing ingredients / **gfo** gluten free option / **vg** vegetarian / **v** vegan

