



LUNCH MENU

SALADS

Tuna 11.50

Lettuce, red onion, cherry tomato, beetroot, egg, new potato, mustard vinaigrette

Fresh Sesame Seared Tuna 16.50

(served cold) leaves, beetroot, orange segments & warmed potatoes.

Sweet Chilli & Ginger Prawns 12.50

Salad leaves, sweet chilli dressing

Chicken Caesar 12.00

Bacon, mixed green leaves, croutons, parmesan shavings, caesar dressing

Beach Bar 14.50

Prawns, chicken, bacon, mozzarella, pineapple & egg, mixed salad leaves, cucumber, tomato & cocktail sauce

Brie & Pear Salad 13.00

Brie Cheese, caramelized walnuts, mixed leaves, beetroot & cherry tomato

WRAPS

All served with fries

Tuna Mayo 9.50

Lettuce, tomato

Chicken, Bacon & Avocado 11.00

Mayonnaise & lettuce

Chicken Caesar 11.50

Chicken, bacon, lettuce, parmesan shavings & Caesar dressing

Sweet Chilli & Ginger Prawn 12.50

Mixed salad leaves, ginger, lime, sweet chilli dressing

Chicken Fajita 10.50

(served warm) marinated chicken, Peppers, onions & tomato salsa

Vegetarian 10.50

Mixed Peppers, avocado, spicy tomato chutney, mixed salad leaves

CIABATAS

Ham & Cheese 5.00

Lettuce & tomato

Chicken, Bacon & Avocado 6.50

Mayo & lettuce

Tuna Mayo 6.00

Lettuce & tomato



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In association with





MAINS

Beach Beef Burger 14.50
Cheese, bacon, caramelised onion & fries

Homemade Chicken Burger 14.00
Bacon, caramelised onion, garlic mayo & fries.

Vegetarian Burger 14.00
Chick peas, carrot, courgette, onion, coriander & fries

Club Sandwich 14.50
Chicken, bacon, cheese, egg, lettuce, tomato, mayonnaise & fries

Scampi 12.50
Tartar sauce & fries

Grilled Chicken 13.50
(Piri Piri or Plain) & fries



Reggae Reggae Chicken 14.50
Mixed peppers & African rice

Reggae Reggae Prawns 16.50
Mixed peppers & African rice

BBQ Pulled Pork Burger 15.00
With fries

FISH & SEAFOOD

Prawns á Guilho 13.00
Olive oil, garlic & coriander

Clams "Bulhão Pato" 16.50
Garlic, white wine & coriander sauce

Lime & Ginger Coconut Mussels 13.00

Special Prawns (2 units size 10/15) 19.50
Tiger prawns in olive oil, butter, garlic, ginger, coriander, orange & lime zest with African rice

Grilled Salmon Fillet 20.00
Mango & lime salsa, African Rice

SIDE ORDERS

Fries 3.50
nuts) 4.50

African rice (contains



Mixed Salad 5.00
Salad 4.00

Tomato & Onion

VAT included at current rate, service not included.

**Some of our dishes may contain nuts.

Unfortunately we do not accept American Express.

No dish, food product or drink including cover may be charged if not requested by customer's, even if it has been consumed.

In association with

ARA
NATURAL BEER & FOODS
EST. 1980

