



GILBERT'S

@GILBERTS_HAYLE

BEACH BAR + KITCHEN

BEACH FOOD

- SURF + TURF** gf23
8oz flat iron steak, tail-on king prawns, fries, onion bhaji, peppercorn sauce
- KOREAN CRISPY CHICKEN** gf16
gochujang sauce, slaw, toasted sesame, house sticky rice
- THAI YELLOW VEGETABLE CURRY** gf vg16
mixed seasonal veg, sticky coconut + coriander rice, onion bhaji
- CRISPY THAI BEACH NOODLES**16
crispy beef, chilli, ginger, garlic, egg noodles, bean sprouts, sugarsnaps
- ROASTED VEG + GOATS CHEESE MELT** v gfo vgo11
garlic bloomer base, red onion marmalade, pesto, balsamic onions, roquito peppers
- DEEP FRIED BANANA BLOSSOM** vg gf15
fries, tartar

SEA FOOD

- MONKFISH + TIGER PRAWN THAI YELLOW CURRY** gf20
local monk, tiger prawns, sticky coconut + coriander rice, chilli, coriander, onion bhaji
- FISH + CHIPS** gf16
beer battered 'market' fish fillet, chunky chips, tartar
- SEAFOOD CHOWDER** gfo18
smoked haddock, white fish, prawns, mussels, potato, chilli, crusty bread
- CORNISH MUSSELS** gf18
shallot, garlic, white wine, cream, crusty bread
- SALT + PEPPER CRISPY SQUID** gf16
mango, lime + chilli salsa, spring onion, chilli, fries
- PAN FRIED TAIL-ON TIGER PRAWNS**17
garlic butter, red chilli, flatbread

DIRTY LOADED FRIES

- | | | | |
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| DIRTY COW gf.....12
pulled beef brisket, mozzarella, siracha mayo, paprika, pickled onion, crispy onions | DIRTY VEGAN vg gf12.5
vegan mozzarella, jalapeños, balsamic onions, chilli, vegan mayo, blackened cajun | DIRTY CHICKEN gf.....11
Indian spiced chicken, mozzarella, tikka mayo, spring onion, jalapeños, red chilli | DIRTY PIG gf.....11
bacon bits, breaded chicken, mozzarella, alabama mayo, pickled onions, crispy onions |
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BEACH PIZZA

- FUZZY DUCK**15
mozzarella, plum + hoisin, cucumber, spring onions
- MISO PRAWNY**15
butterflied tiger prawns, white fish, mussels, crispy capers, mango, lime + chilli salsa
- THE OTTO**14
double pepperoni, mozzarella, chilli oil, roquito peppers, rocket
- TIKI TANDOORI**14
chicken tikka, mozzarella, roasted peppers, jalapeños, spring onions, toasted coconut flakes
- THE G.O.A.T** v vgo13.5
mixed roasted veg, goats cheese, mozzarella, balsamic onions, roquito peppers, pickled onions, pesto
- THE KAREN** v vgo12
buffalo mozzarella, rocket, pesto

BURGERS

- THE GILBERT** gfo15
beef 'smash' patty, pulled brisket, cheddar, baby gem, spiced onion rings, slaw, fries
- TEMPURA FISH** gfo16
'market' fish fillet, baby gem, mango, lime + chilli salsa, fries, slaw
- SPICED BEAN** v vgo gfo15
avocado, baby gem, melted cheddar, sweet chilli + ginger jam, spiced onion rings, fries

TACOS

- BUTTERFLIED TIGER PRAWNS**14
mango, chilli + lime salsa, shredded gem, pickled slaw, coriander
- PULLED CRISPY DUCK**14
plum, hoisin, spring onion, pickled cucumber, shredded gem, red chilli

SIDES

- FRIES**4
- CHEESY FRIES**5
- PICKLED SLAW**3
- GARLIC BREAD**4

NIPPERS

- SAUSAGE, FRIES, BEANS** ...8.5
- MINI FISH + FRIES**8.5
- CHICKEN GOUJONS, FRIES** ..8.5
- PEPPERONI PIZZA**8.5
- MINI MARGHERITA** vgo8.5
- MUSSELS, FRIES**8.5

TURN OVER FOR DRINKS

ALLERGIES + INTOLERANCES

If you have any specific allergies + intolerances let a member of staff know before placing your order. Our allergens matrix is available on request.

BEER + CIDER

DRAUGHT

OFFSHORE PILSNER	Sharps 4.8%3 5.8
MADRI EXCEPTIONAL	La Saga 4.6%3 5.8
WINGMAN	Brewdog 4.5%3.1 5.9
HAZY JANE	Brewdog 5%3.3 6.4
COLD RIVER CIDER	Sharps 4.5%3 5.6

BOTTLES + CANS

PERONI	5%4.2
CORONA	4.5%4.2
RATTLER ORIGINAL CYDER	Healeys 5.5%5.8
RATTLER BERRY CYDER	Healeys 4%5.8
SLIPWAY SESSION IPA	St Ives Brewery 5%5.5
BACK ROAD WEST IPA	St Ives Brewery 6.5%5.5

ALCOHOL-FREE

CORONA CERO4
HEINEKEN ZERO4
DOOMBAR '0'5

HOT DRINKS

COFFEE

AMERICANO2.8
LATTE3.3
CAPPUCCINO3.3
MOCHA3.3
ICED COFFEE4
vanilla, hazelnut, caramel	
+ squirty cream0.5
+ alt milk0.4
+ syrups0.4

TEA all 2.5

- ENGLISH BREAKFAST
- EARL GREY
- GREEN
- PEPPERMINT
- MIXED FRUIT

HOT CHOCOLATE

- REGULAR3.5
- GILBERT'S4.6
- topped with squirty cream, marshmallows, flake

SPIRITS

GIN

Tarquins Dry, Blackberry, Rhubarb + Raspberry, Cucumber + Mint, Strawberry + Lime, Malfi Blood Orange, Malfi Lemon, Bombay Sapphire, Gordons Pink

RUM

Cape Cornwall Golden Rum, Cape Cornwall Spiced Rum, Kracken, Mount Gay, Bacardi, Twinfin

FANCY A PROPER DROP? CHECK THE WINE LIST!

GILBERT'S COCKTAILS all 9

GILBERT'S ESPRESSO LONGTINI

espresso, vanilla vodka, hazelnut Franjelico, Baileys

DARK + MIZZLY

Cape Cornwall Golden Rum, lychee syrup, lime, ginger beer

GILBERT'S ICED TEA

Midori, vodka, triple sec, rum, lime, lemonade

CORNISH GARDEN

Tarquins dry gin, elderflower, lemon, fresh mint, Cornish seabuck tonic

KERNOWFORNIA

pineapple + pink grapefruit rum, squeezed lime, on ice with Sicilian lemonade

STARBURST

Archers peach, chambord raspberry, lemon, orange + soda

SEX ON THE BLUFF

Midori, raspberry Chambord, Stolli vodka, cranberry + pineapple

MOCKTAILS all 5.5

STRAWBERRY + ELDERFLOWER LEMONADE

homemade, served long over ice

LYCHEE SPICE

fruity lychee with fiery ginger beer

BEACH PASSION

orange, cloudy apple, passion fruit, fresh lime

SOFTS

BELVOIR ORGANIC4

sparkling elderflower presse, ginger beer, freshly squeezed lemonade

FROBISHERS4

orange, apple, cranberry

J203

apple + raspberry, orange + passionfruit

TONIC3

tonic water, slimline, elderflower + lemon, pink grapefruit, seabuck

COKE, LEMONADE3

regular, diet

HARROGATE WATER3

still, sparkling

JUICE3

orange, apple

