

The background of the entire page is a vibrant, stylized illustration of tropical leaves. The leaves are layered and overlap, creating a sense of depth. The color palette transitions from light yellow-green at the top to deep teal and blue at the bottom. The leaves have a fine, linear texture, giving them a brush-painted or etched appearance. A central teal square with rounded corners and a white border contains the text.

Sunday
MENU

THE BAY

A simple, white, wavy line graphic that curves under the text 'THE BAY', adding a decorative touch to the title.

Sunday Roasts

AVAILABLE FROM 12 MIDDAY ONCE IT'S GONE, IT'S GONE

All freshly prepared, roasted, & hand-carved by our team of chefs, served with homemade Yorkshire pudding, herb roasted potatoes, swede mash, roasted carrots, maple glazed parsnips & greens with proper homemade gravy)
(gfi option available)

**ROAST TOPSIDE OF BEEF
WITH HORSERADISH SAUCE** 1617kcal **17.95**

**ROASTED PORK SHOULDER
WITH APPLE SAUCE** 1504kcal **17.95**

LAYERED VEGETABLE GRATIN
v (vg option available) 1426kcal **16.95**

KID'S ROASTS ALSO AVAILABLE 8.95

The Bay Classics

CRISPY BATTERED COD 12.95

Crispy battered cod fillet, chunky chips, garden peas, homemade tartare sauce & wedge of lemon 1165kcal

WHOLETAIL SCAMPI 13.50

Breaded wholetail scampi, chunky chips, garden peas, homemade tartare sauce & lemon wedge 867kcal

BUTCHER'S SAUSAGES 12.50

Two butcher's sausages, free range egg, chunky chips & baked beans 1073kcal

VEGAN QUORN SAUSAGES vg 10.95

Three griddled vegan Quorn sausages served with chunky chips & baked beans 704kcal

CHICKEN GOUJONS 12.50

Breaded chicken goujons (4) with thick cut chips & a mixed side salad 852kcal

THE BAY'S FULL ENGLISH 9.95

Butcher's sausage, 2 back bacon rashers, fried egg, slice of toast, roast tomato, mushroom, baked beans & potato puffs 1003kcal

THE VEGGIE BREAKFAST v 9.50

Two Vegan Quorn sausages, fried eggs, slice of toast, roast tomato, mushroom, baked beans & potato puffs 754kcal

OVEN BAKED BEEF LASAGNE 12.50

Served with garlic bread & side salad 598kcal

MEDITERRANEAN VEGETABLE LASAGNE v 11.95

Served with garlic bread & side salad 490kcal



**SAFE TO
TRADE**TM

v Vegetarian | vg Suitable for vegans

gfi Gluten free ingredients

Please note some dishes may be adapted for special dietary requests

Filled Deli Rolls / Sandwiches

ALL SERVED WITH A SALAD GARNISH

CORONATION CHICKEN & CRISP GEM LETTUCE
763kcal **9.75** | 653kcal **7.95**

PRAWN MARIE ROSE WITH SALAD
747kcal **9.75** | 641kcal **7.95**

GRATED CHEDDAR & GOOSEBERRY CHUTNEY v
739kcal **8.75** | 682kcal **6.95**

Sides

CHUNKY CHIPS vg gfi 652kcal 3.95

CHEESY CHIPS v gfi 838kcal 5.25

ONION RINGS vg 355kcal 4.50

Baked Jacket Potatoes

ALL SERVED WITH A SALAD GARNISH

PLAIN WITH BUTTER v gfi 462kcal 7.95

**BAKED BEANS & CHEDDAR
CHEESE v gfi 788kcal 8.95**

FLAKED TUNA & CHEDDAR CHEESE gfi 1073kcal 9.50

PRAWN MARIE ROSE gfi 792kcal 9.50

CORONATION CHICKEN gfi 814kcal 9.50

Kids' Kitchen

**ADD A CAPRI-SUN, CAWSTON PRESS
OR VIVA FLAVOURED MILK DRINK TO ANY KID'S
MEAL FOR 1.35**

FISH FINGERS 7.50

Two fish fingers & chips with peas & wedge of lemon 584kcal

BUTCHER'S SAUSAGE (vg option available) 7.50

Served with chunky chips & a choice of beans or peas 904kcal

BREADED CHICKEN GOUJONS 7.50

Two breaded chicken goujons, chunky chips & a choice of beans or peas 624kcal

Food Allergy Notice

Please ask your server or scan here to see full allergen information



Please be aware that we do use all 14 allergens in our kitchens, although we take every precaution to avoid cross contamination traces may be present. All weights are approximate before cooking. Fish may contain small bones.

Adults need around 2000kcal a day