

Est. 1958

VENUS®

WELCOME

Welcome to Venus. We are a family run Devon business with second and third generation family members. We provide authentic homemade food across our menus, buying locally and buying top quality. We aim to be the greenest café. Looking after our immediate environment is critical including all wildlife around us. We focus on home compostable to ensure that any items not put in the bins ending up in the sea or on the beach, aren't left to pollute for years to come. Home compostable means that the product will decompose naturally on a home compost heap leaving no residue or toxins. We don't believe that the environmental answer is transporting rubbish hundreds of miles to energy intensive recycling centres. This seems a nonsense and an inappropriate answer to the environmental challenges we face.

We are proud to have been the first in the UK to adopt fully home compostable palm plates, hot cups and lids, cake wrappers, cling film and cleaning materials. Our search for home compostable continues all the time and we will continue to be early adopters of all new plant-based home compostable packaging.

OUR CAFES: TEIGNMOUTH SEA FRONT, BROADSANDS BEACH, BIGBURY ON SEA BEACH

PLEASE ORDER AT THE COUNTER FOR ALLERGEN KEY PLEASE SEE BACK PAGE

Served until 11:30

BREAKFAST

Venus, vegetarian and vegan full breakfasts served with a thick slice of Cornish sourdough toast **(WFL, RY)**, with your choice of Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam **Items cannot be swapped from a set breakfast but you are welcome to order additional items**

VENUS FULL BREAKFAST **£12.99**

Two rashers of dry cured English back bacon, one Devon free range pork sausage, two free range eggs, two hash browns, toast, butter & Heinz baked beans **(WFL, SP, EG, BT)**

GLUTEN FREE BREAKFAST **£13.99**

Two rashers of English back bacon, two free range eggs, one gluten free pork sausage, two hash browns, Heinz baked beans and a slice of Knife & Fork gluten free sourdough with butter **(EG, BT, SP)**

VENUS VEGETARIAN BREAKFAST (V) **£12.99**

Two free range Devon eggs, two veggie sausages, roasted red peppers, two bubble & squeak, scrambled organic tofu & sourdough toast with butter **(WFL, SY, BR, EG, BT, WG)**

MAKE IT PLANT BASED (VG) **£12.99**

Heinz baked beans and vegan spread replace the eggs and butter in veg breakfast **(WFL, SY, BR, WG)**

EGG BAP **£4.99**

Two free range fried eggs **(EG, WFL)**

SOURDOUGH TOAST

TWO SLICES OF THICK CUT CORNISH

SOURDOUGH TOAST **(WFL, RY, BT)** **£4.99**

With vegan spread or butter and your choice of thick cut Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam

PANCAKE STACK

FOUR WARM US STYLE PANCAKES **(WFL, EG, CR, MK)** **£6.50**

Light & fluffy US style pancakes with maple sauce

Add two rashers of bacon **£2.00**

CROISSANT **(WFL, BT, EG, WG)**

BACON & CHEESE **(CH)** **£6.99**

Two rashers of English dry cured back bacon & cheddar cheese slice

ALL BUTTER CROISSANT **£2.99**

CROISSANT WITH BUTTER AND PRESERVES **£4.99**

ALL DAY BAPS

Artisan floured bap **(WFL)**

BACK BACON **£6.99**

Three rashers of dry cured English back bacon

FREE RANGE SAUSAGES **£7.99**

Two large local free range pork sausages **(WH, SP)**

VEGAN SAUSAGES **£7.99**

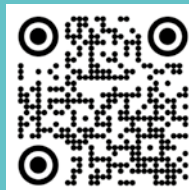
Three vegan sausages **(WH, BR, WG, SY)**

GLUTEN FREE SAUSAGE SANDWICH **£8.99**

Two gluten free pork sausages **(SP)**

GLUTEN FREE BACON SANDWICH **£8.99**

Three rashers of English dry cured back bacon



FOR OUR LATEST NEWS, OPENING TIMES
AND SUSTAINABILITY INFORMATION.

LOVINGTHEBEACH.CO.UK

LUNCH Served all day from 11:30

LOCAL BEEF AND CHICKEN



VENUS DEVON BURGERS

Served in a toasted Cornish artisan floured bap, with fries, homemade garlic slaw, gherkin and crispy onion bits

6oz CHEESE £16.99
Devon grass fed beef with two slices of English cheddar (WFL, CH, MD)

6oz BACON & CHEESE £18.99
Devon grass fed beef with two slices of English cheddar and two rashers of English back bacon (WFL, CH, MD)

FREE RANGE CHICKEN £15.99
Panko fried chicken and mayo (WFL, MD)

FREE RANGE CHICKEN BACON & CHEESE £17.99
Panko fried chicken with two slices English cheddar, two rashers of English back bacon and mayo (WFL, MD, CH)

NAKED
Any burger is available sandwiched in lettuce + no bap (no onion if gluten free)

VENUS BEEF CHILLI 🌶️ £14.99
Made with red kidney & black beans. Served on a bed of turmeric, black bean, basmati onion rice and topped with English cheddar, lime mayo and crispy onion bits (CY, CH, WFL)

OPEN STEAK SANDWICH (TEIGNMOUTH ONLY) £15.99
Devon minute steak with melted English cheddar, Dijon mustard mayo, red onion marmalade and red peppers served on thick sliced Venus sourdough (WFL, RY, CH, MD, BR, SP)

CRAVING SOME FRIES WITH YOUR LUNCH?
ADD THEM FOR ONLY £3.00

BURRITO

Served in a warm flour tortilla (WFB, WG, WFL) and your choice of yummy filling

BREAKFAST BURRITO 🌶️ £9.99
English dry cure back bacon, Devon free range egg, English cheddar, hash brown and sriracha sauce (EG, CH)

PLANT BURRITO (VG) 🌱 £9.99
Scrambled organic tofu with turmeric and smoked sea salt, vegan sausage, hash brown, vegan Cathedral City cheese and sriracha sauce (SY, WH, WG, BR)

BURRITOS BELOW ARE SERVED WITH FRIES

SPICY TUNA 🌶️ £12.99
Skipjack tuna with sriracha, mayo, black beans, English cheddar & turmeric rice (FH, CH)

BEEF CHILLI 🌶️ £13.99
Venus grass fed beef chilli with turmeric rice, black beans and grated English cheddar (CH, CY)

VEG CHILLI (VG) 🌱 £13.99
Venus vegan chilli with turmeric rice, black beans and vegan cheddar cheese (CY)

TACOS

With garlic slaw, asian salad (carrot, celery, red peppers, red onions and sesame oil) (SE, SY, CY) & sriracha mayo in 2 warm flour tortillas (WFL, WFB, WG)

CHICKEN £9.99
Crispy panko English free range chicken

COCONUT KING PRAWN £9.99
Large sweet coconut panko breaded king prawns (CS)

FISH £9.99
Battered sole fillet (MSC certified sustainable USA) (FH, WFL, MS, SY)

FALAFEL £9.99
Venus hand made pea & mint falafel

SEAFOOD

FISH 'N' FRIES £14.99
3 tempura battered petit sole fillets (MSC certified sustainable USA) served with homemade tartare sauce, mashed peas, lemon and crispy skin on fries (FH, WFL, SP, SY, MS, BT)

6 HAWAIIAN COCONUT KING PRAWNS £9.99
Large sweet coconut panko breaded king prawns served with lemon and a guava mayo. A Venus favourite from Mauii (CS, WFL)

VENUS FISH BURGER £9.99
Battered sole fillets (MSC certified sustainable USA) in a floured bap served with homemade tartare sauce and lemon (FH, WFL, MS, SP, SY)

WHOLE TORBAY SOLE (15 minute prep and cook time) £14.99
Oven baked with olive oil and lemon served with homemade garlic slaw and bubble & squeak (potato, garlic, fresh rosemary & hispi cabbage) with a Japanese wakame seaweed salad (FH, SE, WH, SY)

WHOLE MACKEREL £16.75
A large locally landed succulent mackerel. Served whole, baked with olive oil & lemon served with homemade bubble & squeak (potato, garlic, fresh rosemary & hispi cabbage), garlic slaw with a wakame seaweed salad (FH, SE, WH, SY)

PLANT BASED

VENUS CHILLI NON CARNE (VG) (GFO) 🌱 🌶️ £13.99
Packed with veg - tomatoes, beans, lentils, chick peas, onions, peppers, celery, carrots and mushrooms cooked with garlic, cumin, cinnamon, paprika and oregano served on a bed of turmeric, cumin, garlic, black bean, onion basmati rice and topped with vegan cheddar cheese, lime mayo and crispy onion bits (CY, WFL)

BREAKFAST PLANT BURRITO (VG) 🌱 £9.99
Scrambled organic tofu with turmeric and smoked sea salt, vegan sausage, hash brown, vegan Cathedral City cheese and sriracha sauce (SY, WH, BR, WG, WFB, WFL)

VEGAN SAUSAGE BAP (VG) £7.99
3 vegan sausages (WH, SY, BR, WG)

PEA & MINT ARANCINI (VG) £7.99
Panko breaded and hand made in Venus kitchens. A delicious Sicilian inspired recipe of peas and fresh mint with onion, arborio rice and garlic served with a fresh lime mayo (WFL)

DAHL SOUP (VG) (GFO) £7.99
A warming homemade soup of lentils, chopped tomatoes, onions, coconut milk and a raft of spices. Served with toasted Venus sourdough (gluten free available) (WFL, RY, BT)

The burgers below are served with garlic slaw, iceberg lettuce on either gluten free bread or a floured bap (WFL)

BLACK BEAN BAP NEW (VG)(GFO) 🌱 £9.99
A stunning new Venus creation - highly nutritious and tasty. Black beans, red peppers, cumin, garlic, red onion, chilli, flax seed, gluten free flour, black bean & garlic with lime mayo. (SY)

VENUS TOFU BURGER (VG)(GFO) £9.99
The famous Venus tofu burger. This amazing burger is full of Devon tofu, red onions, carrots, beetroot, garlic, ginger, toasted seeds, tahini, tamari and a blend of spices with mayo. (SY, SE)

PLEASE ORDER AT THE COUNTER
FOR ALLERGEN KEY PLEASE SEE BACK PAGE

LOADED FRIES

Large portion of fries topped with:

GREEK	£9.99
Authentic feta, olives and red onion (CH)	
CHILLI CHEESE	£9.99
Venus beef chilli with mature English cheddar, crispy onion and lime mayo (CH, CY, WFL)	
BACON CHEESE	£9.99
Chopped bacon, mature English cheddar and crispy onion bits (CH, WFL)	
VEGAN	£8.99
Cathedral City vegan cheddar, gravy and crispy onion bits (WFL, SY, BR, WH)	

FRIES

POT OF FRENCH FRIES (VG/GFO)	£3.99
CHEESY FRIES (V) (CH)	£5.99
VEGAN CHEESY FRIES (VG)	£6.99
MUSHROOM GARLIC CHIPS (VG) (WFL)	£6.50

SMALLER MEALS

PASTA POMODORO (V, VGO)	£7.99
Penne pasta (WH) with Venus pomodoro sauce & grated cheddar cheese (CH) (Vegan cheese available)	
SAUSAGE & FRIES	£8.99
Free range Devon pork (1) (WFL, SP) or vegan (2) (SY, BR) or gluten free (1) (SP)	
FISH N FRIES (MSC CERTIFIED SUSTAINABLE USA)	£9.99
2 tempura battered sole fillets with fries and mashed peas (FH, WFL, MS, SY, BT)	

SALADS

ASIAN SALAD (VG)	£4.99
Carrot, celery, red peppers, red onions tossed in a sesame oil dressing (SE, SY, CY)	
WAKAME SALAD (VG)	£4.99
Japanese sesame seaweed salad (SY, WH, SE)	
HOMEMADE GARLIC SLAW (VG)	£3.99
Red & white cabbage, garlic, carrot and vegan mayo	



COLLECT LOYALTY POINTS TO SPEND
AND RECEIVE SPECIAL OFFERS IN OUR NEWSLETTER.
ASK AT THE COUNTER FOR A LOYALTY CARD.

THICK MILKSHAKES

ALL £3.99

A smooth creamy hand spun milkshake made with fresh milk and double cream **(MK, CR, EG)**

STRAWBERRY

With Jude's strawberry coulis and strawberry pieces

CHOCOLATE

With Jude's Belgian chocolate sauce and choc pieces **(SY)**

BISCOFF BISCUIT

With Lotus Biscoff crushed biscuit spread and crumb **(SY, WFL)**

SALTED CARAMEL

With Jude's salted caramel sauce **(BT)**

HOT DRINKS

TEA

VENUS ORGANIC SINGLE ESTATE TEA **£2.15**

We are donating 5p for every tea sold to a local charity

EARL GREY STRONG **£2.80**

A blend of powerful Assam, Darjeeling and Rwandan organic black tea with natural bergamot flavour

PEPPERMINT LEAVES **£2.80**

Whole peppermint leaves - fresher and mintier than any other mint tea you've tasted

COFFEE

Decaffeinated coffee available - made by the Swiss water method. Oat or coconut milk **(SY)** available at NO extra charge

	SINGLE	DOUBLE
ESPRESSO	£2.00	£2.80
FLAT WHITE (8OZ)		£2.99
CAPPUCCINO		£3.59
LATTE		£3.79
AMERICANO		£3.50
MOCHA		£4.50
CORTADO (4OZ)		£2.99
ICED LATTE COFFEE		£3.95
Your favourite coffee poured over ice		

ADD SYRUP **£0.65**
vanilla or caramel



loving the beach®

DELICIOUS ICE CREAM

SCOOP ICE CREAM

Kefir chocolate & cherry **(MK, EG)**, Chocolate **(VG)**,
Vanilla **(VG)**

+ 1 Scoop **£2.99**

+ 2 Scoop **£4.99**

JUDE'S ICE CREAM TUBS

Very Vanilla, Mint Choc Chip **(VG)**, Strawberries & Cream,
Salted Caramel, Black Coconut, Truly Chocolate

£3.99

DRINKS

COLD DRINKS

Please ask us about our range of carbonated drinks

ROCKS BLACKCURRANT SQUASH

£1.99

VENUS WATER (still 33cl can)

£2.50

SPARKLING WATER (33cl can)

£2.50

SANPELLEGRINO ORANGE ARANCIATA (33cl can)

The original sparkling Italian drink made with oranges from Sicily and Calabria - 100% Natural

£2.99

BELVOIR ELDERFLOWER LEMONADE (33cl can)

A traditional family recipe blending hand picked elderflowers with lemon juice and spring water

£2.99

100% PURE APPLE JUICE (20cl)

Made from a variety of English apples pressed on the farm

£3.50

APPLE & STRAWBERRIES (20cl)

Beautiful blend of English apples and fresh strawberries straight off the farm

£3.99

APPLE & ELDERFLOWER (20cl)

Beautiful blend of English apples and fresh elderflower straight off the farm

£3.99

BEER & CIDER

HALF PINT **£3.75**
PINT **£6.99**

BAYS DEVON ROCK CRAFT LAGER (4.5% VG)

An exceptional award-winning craft lager. Devon Rock is crafted to perfection using a unique blend of hops giving a crisp and refreshing modern lager, packed full of flavour

DEVON RED CRISP & FRUITY MEDIUM CIDER (4.5% VG)

Devon Red is a naturally tasty and utterly delicious, supreme fresh apple cider **(SP)**

ASAHI ALCOHOL FREE (0.0% 33cl can)

£4.99

BOHEMIAN PILSNER (33cl, 4.5% VG, GF)

A noble classic Czech pilsner, pale with a light body. Slight background bitterness and gentle floral tones from the finest Saaz hops leading to a soft refreshing finish.

£5.99

WINE BY THE GLASS

187ML **£7.75**
250ML **£8.99**

WHITE - GRUNER 2022 (12%, organic & VG)

A fabulous dry Austrian wine full of peach & green apple layered over pepper spice

ROSE - GRENACHE ROSE 2021 (12.5%, VG)

A vibrant dry rose from Pays d'Oc, France. Soft aromas of clementine, wild strawberries & butterscotch

RED - OLD VINE GARNACHA 2020 (14.5%, VG)

A beautifully balanced Garnacha from select old vines in Aragon, Spain. Smooth & silky with aromas of chocolate coated cherries and cassis with vanilla spice

WINE BY THE BOTTLE

WHITE

LONGUE ROCHE SAUVIGNON BLANC/COLUMBARD, FRANCE (11%, VG) **£24.00**

Pears, apples and summery flowers move to a palate that is mid weight and dry with a round, honeyed texture. Bright yellow and green citrus fruits fill the finish alongside generous ripe pears and crunchy apples

CASA DE ROSSA PINOT GRIGIO, ITALY (12%) **£25.00**

Like a walk through a lemon grove into an orchard. Green apples and pears dance softly on the light and delicate palate

SARTORI PINOT GRIGIO, ITALY (12%, VG) **£28.00**

Fresh almonds and white flowers sit nicely alongside ripe lemon, grapefruit and blossom fruit. Light and refreshing

PROSECCO

TOSTI PROSECCO (10%)

20cl **£8.95** | 75cl **£28.95**

A delightful and well balanced Italian sparkling wine with a delicate almond note.

ROSÉ

ANCIENS TEMPS ROSÉ, FRANCE (12%, VG) **£22.00**

A light and dry rosé with notes of white flowers, strawberries and cranberries. A refreshing acidity keeps things vibrant and energetic

RED

LES MOUGEOTTES CABERNET SAUVIGNON IGP, FRANCE (13.5%, VG) **£29.00**

The Languedoc is very much France's new world. Here they produce wines with more open fruit, in this case ripe blackcurrants, black plums and just a hint of pepper. The modern approach continues into the winemaking and this wine shows pure vanilla smoke from the new oak barrels used in its production

All prices include VAT where applicable.

Venus reserves the right to change ingredients, prices and choices without notice. We prepare all our food and drinks in our Venus central and café kitchens. We use many ingredients and shared equipment and, whilst we do our best to manage allergens, we cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergens due to the risk of cross contamination.

ALLERGEN KEY

BARLEY = BR

BUTTER = BT

CELERY = CY

CHEESE = CH

CREAM = CR

CRUSTACEAN = CS

EGG = EG

FISH = FH

MOLLUSCS = MS

MUSTARD = MD

MILK = MK

OATS = OT

RYE = RY

SESAME = SE

SOYA = SY

SPELT = ST

PEANUT = PN

SULPHITES = SP

WHEAT = WH

WHEAT FIBRE = WFB

WHEAT FLOUR = WFL

WHEAT GLUTEN = WG

V- VEGETARIAN | VG - VEGAN | VGO - VEGAN OPTION | GF - GLUTEN FREE | GFO - GLUTEN FREE OPTION

FULL INGREDIENT AND ALLERGY INFORMATION CAN BE FOUND ON OUR WEBSITE WWW.LOVINGTHEBEACH.CO.UK/FOOD/