Served until 11:30am

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 Devon free range fried eggs, two hot browns, toast, butter & Heinz baked beans ***(WFL, SP, RY, EG, BT)***

RUTH'S BREAKFAST (V)(GF) £13.99
Two Devon free range fried eggs, two hash browns, portobello mushrooms, Heinz baked beans and a slice of Knife & Fork gluten free toast with butter and marmalade ***(EG, BT)***

GLUTEN FREE BREAKFAST £13.99
Two rashers of English back bacon, two Devon free range fried 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) £13.99
Two Devon free range fried eggs, two veggie sausages, portobello mushrooms, two bubble & squeak, scrambled organic tofu & sourdough toast with butter ***(WFL, SY, BR, EG, BT, RY, WG)***

MAKE IT PLANT BASED (VG) £13.99
Heinz baked beans and vegan spread replace the eggs and butter in veg breakfast ***(WFL, SY, RY, BR, WG)***

SOURDOUGH TOAST (V)

TWO SLICES OF THICK CUT CORNISH SOURDOUGH TOAST (V) £4.99
With vegan spread or butter and your choice of thick cut Venus homemade Seville marmalade, Devon honey or Cornish strawberry jam ***(WFL, RY, BT)***

PORTOBELLO MUSHROOMS ON BUTTERED AND TOASTED SOURDOUGH *(BT, WFL, RY)* £8.99

HEINZ BAKED BEANS ON BUTTERED AND TOASTED SOURDOUGH *(BT, WFL, RY) (V)* £7.99

EGG BAP

Two Devon free range fried eggs ***(EG, WFL, BR, WN)*** £4.99

PANCAKE STACK

FOUR WARM PANCAKES *(WFL, EG, CR, MK)* £7.50
Light & fluffy pancakes with biscoff crumb and your choice of sauce: maple syrup, strawberry, chocolate, vanilla, caramel, banana

Add two rashers of crispy bacon £2.50
Add whipped cream ***(MK)*** £0.50

ALL DAY BAPS

BACK BACON £6.99
Three rashers of dry cured English back bacon ***(BR, WN, WFL)***

FREE RANGE SAUSAGES £7.99
Two large local free range pork sausages ***(WN, SP, BR, WFL)***

VEGAN SAUSAGES £7.99
Three vegan sausages ***(WN, WFL, BR, WG, SY)***

GLUTEN FREE SAUSAGE £8.99
Two gluten free pork sausages ***(SP, EG)***

GLUTEN FREE BACON £8.99
Three rashers of English dry cured back bacon ***(SP, EG)***

CRISPY BACON BAGUETTE £8.99
Three rashers of dry cured English back crispy bacon in a stone oven baked buttered baguette ***(RY, WFL, BT)***

LUNCH Served from 11:30am

LOCAL BEEF & DEVON CHICKEN

VENUS DEVON BURGERS & FRIES

Served in a toasted bap, with fries, homemade garlic slaw, gherkin and onion rings bits ***(WFL, BR, WN)***

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

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

NAKED
Any burger is available sandwiched in lettuce + no bap
Only our beef burger is available as a gluten free option (no onions if gluten free)

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

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

TACOS

Served with garlic slaw, Asian salad (carrot, celery, red peppers, red onions and sesame oil) ***(SE, SY, CY)***, Moroccan carrot (fresh carrot, sultanas, cumin seeds and vegetable oil) & sriracha mayo in 2 warm flour tortillas ***(WFL, WFB, WG)***

CHICKEN £10.99
Crispy panko free range Devon chicken

COCONUT KING PRAWN £10.99
Large sweet coconut panko breaded king prawns ***(CS)***

FISH £10.99
Battered cod fish finger (MSC certified). Cooked in oil
used for crustacean ***(FN)***

ADD FRIES OR TURMERIC BLACK BEAN RICE FOR ONLY £3.50

MELTED CHEESE TOASTIES

Served with Moroccan carrot (fresh carrot, sultanas, cumin seeds and vegetable oil). 2 crunchy thick slices of artisan sourdough bread toasted with west country butter filled with:

SPICY TUNA MELT £10.99
Dolphin safe Tuna, fresh red onion, sriracha and mayo with English cheddar cheese ***(BT, FN, CH, WFL, RY)***

CHEESE & RED ONION MARMALADE MELT (V) £9.99
Mature cheddar cheese with Devon red onion marmalade ***(BT, WFL, RY, BR, CH)***

DOUBLE CHEESE MELT (V) £8.99
The ultimate cheese lover's toastie ***(BT, CH, WFL, RY)***

SEAFOOD

FISH 'N' FRIES 1 FILLET (REG) £12.99
Battered haddock fillet (MSC certified) 2 FILLET (LGE) £14.99
served with homemade tartare sauce, lemon and crispy fries. Cooked in oil used for crustaceans ***(FN, WFL, SP, MD)***

6 HAWAIIAN COCONUT KING PRAWNS £10.99
Large sweet coconut panko breaded king prawns served with lemon, guava mayo and Moroccan carrot (fresh carrot, sultanas, cumin seeds and vegetable oil). A Venus favourite from Maui ***(CS, WFL)***

VENUS FISH BURGER £10.99
Battered cod fish fingers (MSC certified) in a bap served with homemade tartare sauce, lemon and Moroccan carrot (fresh carrot, sultanas, cumin seeds and vegetable oil). Cooked in oil used for crustaceans ***(FN, WFL, WN, MD, BR)***

WHOLE MACKEREL (GF) £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), and garlic slaw ***(FN)***

WEEKEND SPECIAL

OVEN BAKED SARDINES (GF) £15.99
Locally caught sardines oven baked. Served with garlic mayonnaise slaw and either bubble & squeak or french fries with a wedge of lemon on the side. ***(FN)***

PLANT BASED

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, WN, BR, WG, WFB, WFL)***

VEGAN SAUSAGE BAP (VG) £7.99
3 vegan sausages ***(WN, SY, BR, WFL, WG)***

DAHL SOUP (VG) (GFO) £6.99
A warming homemade soup of lentils, chopped tomatoes, onions, coconut milk and a raft of spices. Served with stone oven baked baguette & butter (gluten free available) ***(WFL, RY, BT)***

The burgers below are served with garlic slaw, iceberg lettuce in either a gluten free bap (EG), vegan gluten free bread or a bap (WFL, RY, BR, WN)

BLACK BEAN BURGER (VG)(GFO) £10.99
A stunning 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) £10.99
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)***

BURRITO

A warm flour tortilla ***(WFB, WG, WFL),*** and your choice of yummy filling. Served with Moroccan carrot (fresh carrot, sultanas, cumin seeds and vegetable oil)

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, WN, WG, BR)***

FRIES

POT OF FRENCH FRIES (VG/GFO) £3.99

SEASONED FRIES (VG/GFO) £4.99
Crispy delicious fries tossed in our secret seasoning mix of 8 spices

CHEESY FRIES *(V) (CH)* £5.99

VEGAN CHEESY FRIES (VG) £6.99

MUSHROOM GARLIC CHIPS (WFL, VG) £6.99
Breaded portobello mushroom slices with sriracha mayo

SMALLER MEALS

PASTA POMODORO (V, VGO) £7.99
Penne pasta ***(WG)*** with Venus pomodoro sauce & grated cheddar cheese ***(CH)*** (Vegan cheese available)

SAUSAGE & FRIES WITH BAKED BEANS £8.99
Free range Devon pork (1) ***(WFL, SP)*** or vegan (2) ***(SY, BR, WFL, WG)*** or gluten free (3) ***(SP)***

FISH N FRIES (MSC CERTIFIED) £10.99
2 battered cod fish fingers with fries and baked beans. Cooked in oil used for crustaceans ***(FN, WFL, MS, SY, SP)***

CHICKEN & FRIES £8.99
Panko coated Devon chicken breast with baked beans ***(WFL)***

LOADED FRIES

Large portion of fries topped with:

GREEK £9.99
Authentic feta, olives and red onion ***(CH)***

BACON CHEESE £9.99
Chopped Bacon, mature English cheddar and crispy onion bits ***(CH, WFL)***

CHILLI CHEESE £9.99
Venus beef chilli with mature English cheddar, crispy onion and lime mayo ***(CH, CY, WFL)***

FOR OUR LATEST NEWS, OPENING TIMES AND SUSTAINABILITY INFORMATION. LOVINGTHEBEACH.CO.UK

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.

HOT DRINKS

COFFEE

Decaffeinated coffee available
Oat or coconut milk ***(SY)*** available at NO extra charge

	SINGLE	DOUBLE
ESPRESSO	£2.00	£2.80
FLAT WHITE (8OZ)	£2.99	
CAPPUCCINO	£3.79	
LATTE	£3.99	
AMERICANO	£3.70	
MOCHA	£4.99	
CORTADO (4OZ)	£2.99	
ICED LATTE COFFEE Your favourite coffee poured over ice	£3.99	

MATCHA

MATCHA LATTE (HOT OR ICED) £4.25
Japanese 100% pure ceremonial grade matcha made with dairy ***(MK)***, oat or coconut ***(SY)***

ICED STRAWBERRY MATCHA LATTE £4.90

ADD SYRUP £0.65
Vanilla, caramel, maple

ADD WHIPPED CREAM *(MK)* £0.50

TEA

VENUS ORGANIC SINGLE ESTATE TEA £2.25
We donate 5p for every tea sold to a local charity

EARL GREY STRONG £2.90
A blend of powerful Assam, Darjeeling and Rwandan organic black tea with natural bergamot flavour

PEPPERMINT LEAVES £2.90
Whole peppermint leaves - fresher and mintier than any other mint tea you've tasted

POT OF TEA FOR 1 £2.99

POT OF TEA FOR 2 £3.99

HOT CHOCOLATE

CREAMY SMOOTH DAIRY *(MK)* £4.99

WITH MARSHMALLOWS £5.99

CINNAMON DAIRY FREE ORGANIC *(VG)* £4.99

ADD WHIPPED CREAM *(MK)* £0.50

loving the beach®

COLD DRINKS

PEPSI MAX (33cl can) £2.99

R WHITES LEMONADE (33cl can) £2.99

ROCKS BLACKCURRANT SQUASH (20cl) £1.99

REWATER STILL WATER (still 50cl bottle) £3.99
recycled and refillable metal bottle

REWATER SPARKLING WATER (sparkling 50cl bottle) £3.99
recycled and refillable metal bottle

ORANGE JUICE (20cl) £4.99
Late harvest Valencia oranges blended with Navelina & Salustiana varieties producing a stunning refreshing juice.

BEER & CIDER

BAYS DEVON ROCK CRAFT LAGER (4.5% VG) HALF PINT £3.99 PINT £6.99
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) £6.99
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.

WINE BY THE CAN

187ML £7.99

WHITE - GRUNER 2022 (12%, organic & VG)
A fabulous organic dry Austrian wine full of peach & green apple layered over pepper spice

ROSE - GRENACHE ROSE 2023 (12.5%, VG)
A vibrant dry rose from Pays d'Oc, France. Soft aromas of clementine, wild strawberries & butterscotch

RED - OLD VINE GARNACHA 2021 (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

LOCAL SUSTAINABLE BRILLIANT
LESS WASTE - BETTER BEACHES
GREENER CAFES

WINE BY THE BOTTLE

WHITE

LONGUE ROCHE SAUVIGNON BLANC/COLUMBARD, FRANCE £25.00
(11%, VG)
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 £25.00
(12%)
Like a walk through a lemon grove into an orchard. Green apples and pears dance softly on the light and delicate palate

PROSECCO

TOSTI PROSECCO 20cl (10.5%) £8.95 | 75cl (11%) £28.95
A delightful and well balanced Italian sparkling wine with a delicate almond note.

ROSÉ

ANCIENS TEMPS ROSÉ, FRANCE £25.00
(12%, VG)
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 £29.00
(13.5%, VG)
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

Est. 1958
VENUS®

NOW SERVING

LOLLIES

All ice mats are a factory using ***MILK, EGG, NUTS, PEANUTS & GLUTEN***

ICE CREAM TUBS - ALL £4.50

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

ALLERGEN KEY

BARLEY = BR	*CHEESE = CH*	*EGG = EG*	*MUSTARD = MD*	*RYE = RY*	*SPELT = ST*	*WHEAT = WH*
BUTTER = BT	*CREAM = CR*	*FISH = FN*	*MILK = MK*	*SESAME = SE*	*PEANUT = PN*	*WHEAT FIBRE = WFB*
CELERY = CY	*CRUSTACEAN = CS*	*MOLLUSCS = MS*	*OATS = OT*	*SOYA = SY*	*SULPHITES = SP*	*WHEAT FLOUR = WFL*
						WHEAT GLUTEN = WG

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