

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**

## BIGBURY

**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, RY, 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, RY, 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, RY, SY, BR, WG)**

#### EGG BAP **£4.99**

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

### 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 PANCAKES **(WFL, EG, CR)** **£6.50**

Light & fluffy pancakes with strawberry pieces and maple sauce  
Add two rashers of bacon **£2.50**

### 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

#### BACK BACON **£6.99**

Three rashers of dry cured English back bacon **(BR, WH)**

#### FREE RANGE SAUSAGES **£7.99**

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

#### VEGAN SAUSAGES **£7.99**

Three vegan sausages **(WH, 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)**



FOR OUR LATEST NEWS, OPENING TIMES  
AND SUSTAINABILITY INFORMATION.

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## LUNCH Served from 11:30

### VENUS STEAK PASTY

£6.99

An innovative twist on the traditional product. This outstanding unique pasty includes local beef, swede, potato, cabbage, carrot, onion, horseradish, pepper & rosemary **(WFL, BR, MK, EG, MD)**

### WITH FRIES AND MASHED PEAS

£9.99

## LOCAL BEEF AND CHICKEN

### VENUS DEVON BURGERS

Served in a toasted bap. **(WFL, RY, BR, WH)**

#### CHEESE

£10.99

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

#### BACON & CHEESE

£13.99

Devon grass fed beef with two slices of English cheddar and two rashers of English back bacon **(WFL, CH)**

#### NAKED

Any burger is available sandwiched in lettuce + no bap

#### FREE RANGE CHICKEN

£10.99

Panko fried chicken and mayo **(WFL)**

#### FREE RANGE CHICKEN BACON & CHEESE

£13.99

Panko fried chicken with two slices English cheddar, two rashers of English back bacon and mayo **(WFL, CH)**



## 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)**

### SPICY TUNA

£9.99

Skipjack tuna with sriracha, mayo, black beans, English cheddar & turmeric rice **(FH, CH)**

## WRAPS & BAGUETTE

Made daily in our kitchen.

### MEZZE (VG)

£12.99

Kalamata black olive tapenade and authentic whipped feta (feta & Greek yoghurt) served with garlic slaw and stone oven baked baguette **(WFL, RY, MK)**

### TAPENADE OR WHIPPED FETA SERVED WITH BAGUETTE

£8.99

### CHICKEN GARLIC MAYONNAISE BAGUETTE

£8.99

Free range Devon chicken with garlic mayonnaise and lettuce in a stone oven baked baguette **(WFL, WH, RY, RH)**

### CHICKEN CAESAR WRAP

£8.99

Devon free range chicken breast, Venus caesar dressing, English Italian style hard cheese & lettuce **(WFL, WG, WH, MK, FH, SP, SY, MD, CH)**

### VENUS FALAFEL & HUMMUS WRAP (VG)

£7.99

pea & mint Venus falafel and turmeric hummus, Moroccan carrot, vegan mayo, garlic mayo slaw & lettuce **(WFL, WG, WFB, SE, SP)**

### PLOUGHMANS WRAP (V)

£7.99

Mature West Country cheddar, jail ale Devon chutney, mayo, onion & lettuce **(WFL, WG, WFB, MK, MD, CH)**

## 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

£10.99

Large sweet coconut panko breaded king prawns **(CS)**

### FISH

£9.99

Battered sole fillet (MSC certified sustainable USA) **(FH, WFL, MS, SP, SY)**

## 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 Maui **(CS, WFL)**

### VENUS FISH BURGER

£10.99

Battered sole fillets (MSC certified sustainable USA) in a bap served with homemade tartare sauce and lemon **(FH, WFL, MS, SP, SY, BR, WH)**

### MACKEREL PATE (GF)

£9.99

Severn & Wye smoked mackerel mixed with capers, cream cheese, fresh lemon & fresh horseradish served with lemon and stone oven baked baguette (gluten free also available) **(FH, MK, WH, WFL, RY)**

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

## PLANT BASED

### VEGAN SAUSAGE BAP (VG)

£7.99

3 vegan sausages **(WH, SY, BR, WFL, 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)**

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

### BLACK BEAN BURGER NEW (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.

### 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, CY)**

# LOCAL SUSTAINABLE BRILLIANT

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## SMALLER MEALS

<b>PASTA POMODORO (V, VGO)</b> Penne pasta <b>(WH)</b> with Venus pomodoro sauce & grated cheddar cheese <b>(CH)</b> (Vegan cheese available)	<b>£7.99</b>
<b>SAUSAGE &amp; FRIES</b> Free range Devon pork (1) <b>(WFL, SP)</b> or vegan (2) <b>(SY, BR)</b> or gluten free (1) <b>(SP)</b>	<b>£8.99</b>
<b>FISH N FRIES (MSC CERTIFIED SUSTAINABLE USA)</b> 2 tempura battered sole fillets with fries and mashed peas <b>(FH, WFL, MS, SY, SP)</b>	<b>£10.99</b>
<b>CHICKEN &amp; FRIES</b> Panko coated Devon chicken breast <b>(WFL)</b>	<b>£8.99</b>

## SALADS

<b>ASIAN SALAD (VG)</b> Carrot, celery, red peppers, red onions tossed in a sesame oil dressing <b>(SE, SY, CY)</b>	<b>£5.99</b>
<b>GREEK SALAD</b> Traditional Greek salad with cucumber, red onions, kalamata black olives and vine tomatoes topped with authentic Greek feta (made from sheep and goats milk) <b>(CH)</b>	<b>£10.99</b>
<b>HOMEMADE GARLIC SLAW (VG)</b> Red & white cabbage, garlic, carrot and vegan mayo	<b>£4.99</b>

## LOADED FRIES

Large portion of fries topped with:

<b>GREEK</b> Authentic feta, olives and red onion <b>(CH)</b>	<b>£9.99</b>
<b>BACON CHEESE</b> Chopped bacon, mature English cheddar and crispy onion bits <b>(CH, WFL)</b>	<b>£9.99</b>

## FRIES

<b>POT OF FRENCH FRIES (VG/GFO)</b>	<b>£3.99</b>
<b>SPICY SEASONED FRIES (VG/GFO)</b> Crispy delicious fries tossed in our secret seasoning mix of 8 spices	<b>£4.99</b>
<b>CHEESY FRIES (V) (CH)</b>	<b>£5.99</b>
<b>VEGAN CHEESY FRIES (VG)</b>	<b>£6.99</b>
<b>MUSHROOM GARLIC CHIPS (WFL, VG)</b> Breaded portobello mushroom slices with sriracha mayo	<b>£6.50</b>

LESS WASTE - BETTER BEACHES  
GREENER CAFES



## OUR MISSION - TO BE THE GREENEST BEACH CAFÉ

### THICK MILKSHAKES

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

ALL £4.99

<b>STRAWBERRY</b> With strawberry coulis and strawberry pieces
<b>CHOCOLATE</b> With Belgian chocolate sauce and choc pieces <b>(SY)</b>

<b>BISCOFF BISCUIT</b> With Lotus Biscoff crushed biscuit sauce and crumb <b>(SY, WFL)</b>
<b>BANANA</b> With with banana sauce and dried banana pieces

## HOT DRINKS COFFEE

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

	SINGLE	DOUBLE
<b>ESPRESSO</b>	<b>£2.00</b>	<b>£2.80</b>
<b>FLAT WHITE (8OZ)</b>		<b>£2.99</b>
<b>CAPPUCCINO</b>		<b>£3.79</b>
<b>LATTE</b>		<b>£3.99</b>
<b>AMERICANO</b>		<b>£3.70</b>
<b>MOCHA</b>		<b>£4.99</b>
<b>CORTADO (4OZ)</b>		<b>£2.99</b>
<b>ICED LATTE COFFEE</b> Your favourite coffee poured over ice		<b>£3.99</b>
<b>ADD SYRUP</b> vanilla or caramel		<b>£0.65</b>

## TEA

<b>VENUS ORGANIC SINGLE ESTATE TEA</b> We are donating 5p for every tea sold to a local charity	<b>£2.25</b>
<b>EARL GREY STRONG</b> A blend of powerful Assam, Darjeeling and Rwandan organic black tea with natural bergamot flavour	<b>£2.90</b>
<b>PEPPERMINT LEAVES</b> Whole peppermint leaves - fresher and mintier than any other mint tea you've tasted	<b>£2.90</b>
<b>HOT CHOC WITH MARSHMALLOWS</b> (Also available dairy free)	<b>£4.99</b>



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## DRINKS

### COLD DRINKS

**PEPSI MAX (33cl can)**

£2.75

**R WHITES LEMONADE (33cl can)**

£2.75

**ROCKS BLACKCURRANT SQUASH (20cl)**

£1.99

**REWATER STILL WATER CAN (still 50cl can)**

recycled and refillable

£3.99

**REWATER SPARKLING WATER CAN (still 50cl can)**

recycled and refillable

£3.99

**SANPELLEGRINO ORANGE ARANCIATA (33cl can)**

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

£2.99

**ORANGE JUICE (20cl)**

Late harvest Valencia oranges blended with Navelina & Salustiana varieties producing a stunning refreshing juice.

£4.99



### 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)

**SANDFORD BERRY LANE CIDER (3.4% 33cl can)**

A delicious blend of perfectly ripe apples and raspberries (SP)

£4.99

**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 CAN

187ML £7.99  
250ML £9.99

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

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

**ROSE - GRENACHE ROSE 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

### PROSECCO

**TOSTI PROSECCO (10%)**

20cl £8.95

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

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/](http://WWW.LOVINGTHEBEACH.CO.UK/FOOD/)

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