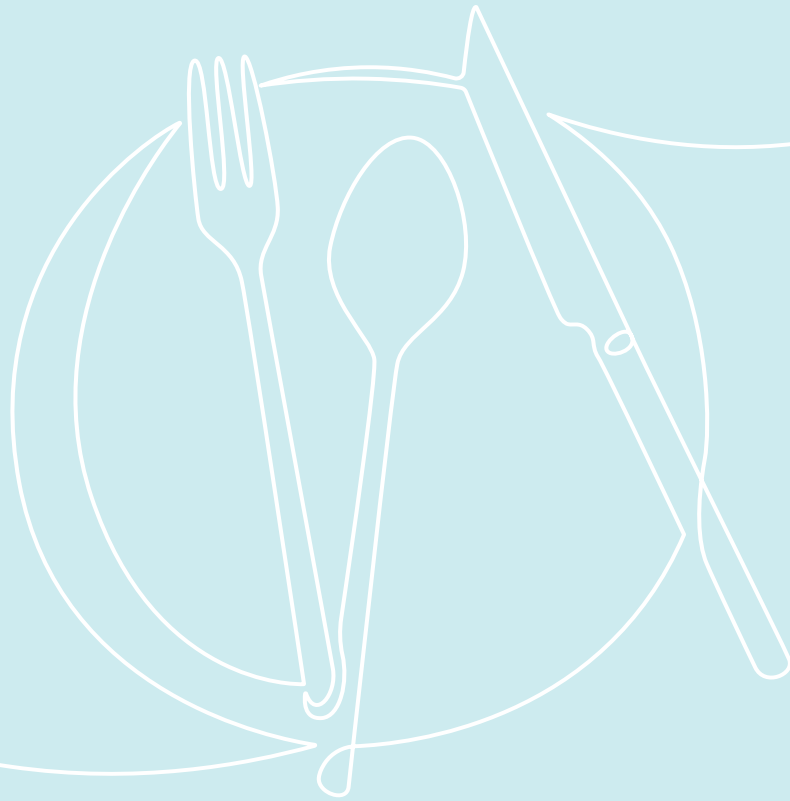


FOOD



ENJOY THE MOMENT

ABOVE
THE BAY



BAR + KITCHEN

ENJOY
THE MOMENT

FOOD

Served from 12pm


SOUP OF THE DAY

Served with warm sourdough   £5.95

(Ask team member for calorie information)

SANDWICHES

Served on soft locally-baked bread,
with a side salad garnish

Mature Cheddar  £7.95

With fruit chutney. 1,106 kcals

Coronation Chicken £8.95

With mango chutney and pickled cucumber. 1,017 kcals

Carved Ham and Mature Cheddar  £8.95

King Prawn & Marie Rose £9.95

With pickled cucumber, lettuce and tomato. 1,004 kcals

HOT SANDWICHES

Served on soft locally-baked white or wholemeal
bloomer bread, with a side salad garnish

Above The Bay Club £10.95

Chicken, bacon, lettuce, tomato
and mayonnaise. 1,221 kcals


Croque Madame £9.95

Ham, smoked Cheddar, béchamel sauce,
mustard, chives and a fried egg. 1,021 kcals

**Vegan Cheese, Caponata
and Red Pesto**   £8.95

Smoked Vegan Applewood cheese and
roasted Mediterranean vegetables in a sweet & sour
sauce with tomato pesto and spinach. 761 kcals

ADD

Skin-on Fries  485 kcals £1.95

Cheesy Skin-on Fries  647 kcals £2.95

Cheese & Bacon Skin-on Fries 741 kcals £3.95

BRUNCH

Warm New York Croissant Roll £7.95

Topped with grilled bacon, melted cheese
and a fried egg. 728 kcals

Grilled Mushrooms & Avocado   £7.95

Served on toasted sourdough with chilli flakes. 324 kcals

Granola  -£5.95

Served with fresh berries, nutty granola, berry compote
and natural yoghurt. 899 kcals



LUNCH & SALADS

Teriyaki Glazed Salmon Salad £16.95

Served with Thai quinoa, ginger & sesame
dressing and toasted sesame seeds. 565 kcals

Cheese & Bacon Burger £14.95

Served on a locally-baked brioche bun with
homemade burger relish, pickles and
skin-on rosemary fries. 1,469 kcals

Moroccan Chicken Salad £14.95

Grilled harissa-spiced chicken served with
cous-cous, tomato salad, hummus, pomegranate &
yoghurt dressing, and a chargrilled flatbread. 941 kcals

Beer Battered Fish & Chips  £16.95

Served with mushy or garden peas,
and tartare sauce. 1,008 kcals

8oz 28-Day Aged Prime Sirloin Steak £23.95

8oz Sirloin steak cooked to your liking served with skin
on fries, roast cherry tomatoes, sauté mushrooms, and
peppercorn sauce. 1461 kcals

Mezze Salad Bowl   £11.95

Sweet potato falafel, hummus, pickled red
onions, carrot salad, cherry tomatoes, salad
leaves and French vinaigrette, served with
a warm flatbread 833 kcals

Italian Tuscan Sausage Rigatoni £14.95

Freshly minced Italian style sausage with slow-roasted
bell peppers, fresh spinach and rigatoni pasta. Tossed
in a rich, creamy sauce and finished with a sprinkle of
Italian-style cheese. 1,200 kcals

Pie of the Day £15.95

Served with chips or mash, seasonal vegetables,
and sauce or gravy to suit the pie. Please ask a team
member for more details.

Ask team member for calorie information.

Quiche of the Day £13.95


Served with skin-on fries and a side salad.

Ask team member for calorie information.

SIDES

Garlic Ciabatta  575 kcals £3.95

Cheesy Garlic Ciabatta  737 kcals £4.95

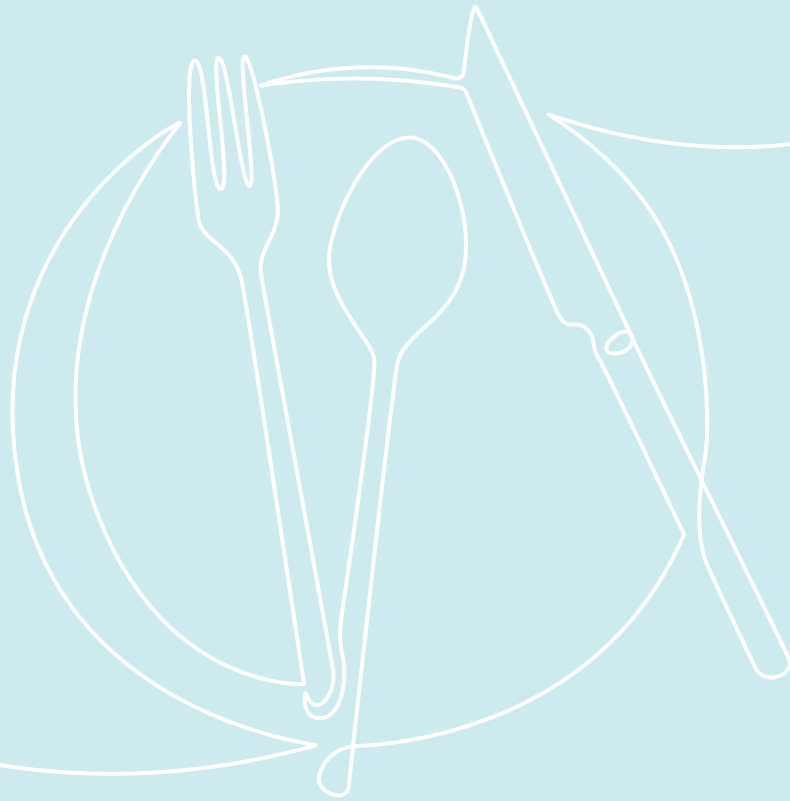
Side Salad  67 kcals £3.95

Skin-on Fries  485 kcals £3.95

Cheesy Skin-on Fries  647 kcals £5.45

Cheese & Bacon Skin-on Fries 1,485 kcals £6.95

FOOD



ENJOY THE MOMENT

ABOVE
THE BAY



BAR + KITCHEN



CHILDREN'S MENU

SOUPS & SANDWICHES

- Soup of the Day** £3.95
Served with warm sourdough.
Ask team member for calorie information.
- Mature Cheddar** 353 kcals £3.95
- Ham and Mature Cheddar** 343 kcals £3.95
- Hummus** £3.95
Served with carrot and cucumber sticks, cherry tomatoes and flatbread. 446 kcals

CHILDREN'S MAIN MEALS

All children's meals are £7.95 and include a Fruit Shoot.

- Battered Fish Bites**
Served with chips and peas. 506 kcals
- Chicken Nuggets**
Served with chips and baked beans. 737 kcals
- Beef Burger in a Bun**
Served with chips and baked beans. 770 kcals
Add: cheese for £1 40 kcals
- Tomato & Basil Pasta** 326 kcals
Tomato & basil penne rigate pasta with garlic ciabatta.
- Mezze Salad Bowl** 822 kcals
Sweet potato falafel with hummus, pickled red onions, carrot salad, cherry tomatoes, salad leaves, French vinaigrette and warm flatbread.

CHILDREN'S DESSERTS

- Warm Sponge Pudding** £4.95
Served with custard. 811 kcals
- Pip Ice Lolly** £1.95
Organic fruit ice lolly with no added sugar, colours or flavourings. Choose from rainbow or berry. 17/19 kcals
- Ice Cream & Summer Berry Sundae** £5.95
Mini strawberry meringue with two scoops of vanilla New Forest ice cream, berries and strawberry sauce. 408 kcals
- Childs Ice Cream (1 Scoop)** £1.65
Choose from vanilla, strawberry, chocolate, salted caramel and raspberry ripple. Vegan options available
(Please ask a team member for calorie information).

DESSERTS FOR ALL

- Retro School Pudding** £5.95
Served with fondant icing, hundreds & thousands, and custard. 340 kcals
- Baked Alaska Ice Cream Sundae** £8.95
New Forest vanilla ice cream, raspberry lemonade & mango sorbet, raspberry compote, white chocolate cookie & blow-torched meringue. 815 kcals
- Salted Caramel and Chocolate Tart** £7.95
Chocolate pastry case filled with salted caramel and chocolate ganache, with hazelnuts and New Forest vegan salted caramel ice cream. 619 kcals
- New Forest Ice Cream** £4.95
Choose your three scoops from: vanilla, chocolate, strawberry, salted caramel and raspberry ripple. Vegan options available
Ask for a team member for calorie information.
- Vegan Sticky Toffee Pudding** £7.95
Served with rich vegan toffee sauce and New Forest vegan salted caramel ice cream. 469 kcals
- Warm Chocolate Fudge Cake** £7.95
Served with New Forest vanilla ice cream 577 kcals

COFFEES

- Espresso** 14 kcals £2.29
- Double Espresso** 27 kcals £2.99
- Latte** 101 kcals £3.59
- Cappuccino** 101 kcals £3.59
- Americano** 14 kcals £2.99
- Flat White** 101 kcals £3.69
- Mocha** 192 kcals £3.79
- Iced Americano** 27 kcals £2.99
- Iced Latte** 93 kcals £3.59
- Iced Mocha** 185 kcals £3.79
- Iced Biscoff Latte** 261 kcals £4.19
- Iced Ube Latte** 102 kcals £4.09
- Frappes** Ask a team member for calories £5.09
- Hot Chocolate** 180 kcals £3.79
- Deluxe Hot Chocolate** 408 kcals £4.59
- English Breakfast Tea** 74 kcals £2.49
- Speciality Tea** Ask a team member for calories £2.49

Vegetarian Vegan Gluten Free Gluten Free Option Available

50p from every children's main meal sold is donated by Cove UK to Teenage Cancer Trust. Teenage Cancer Trust is a registered charity:

1062559 (England & Wales),
SC039757 (Scotland)



Our menu descriptions do not include all ingredients. If you have a food allergy, please scan the QR code on this menu to view the allergens or speak to a member of our team before placing your order. We follow good hygiene practices in our busy kitchens, but unfortunately, we cannot guarantee that any of our dishes are completely free of allergens. Fish dishes may contain small bones. Products are subject to availability. Prices include VAT. The nutrition values provided are for each complete dish as listed on the menu. Figures are typical and may vary due to seasonal factors and chef practices. While 2,000 calories a day is used as a general guide, individual calorie needs can vary. Additional nutrition information available upon request.

