

MAIN MENU

WAVES

CLIFFTOP BAR AND RESTAURANT

phone: 01834 870 085



STARTERS

TUSCAN-STYLE BEAN SOUP VE 481kcal 5.39

Vegetable & cannellini bean tomato soup, served with a flat bread.

CRISPY SQUID 426kcal 6.49

In a crispy smoked paprika coating with lemon aioli.

CHICKEN SKEWERS 394kcal 6.99

Chargrilled chicken skewers with chimichurri sauce.

FISH CAKES† 475kcal 5.99

House-made salmon cakes, served with lemon aioli dip.

SEAFOOD CHOWDER †** 403kcal 7.59

Cod, salmon and king prawn chowder, topped with streaky bacon strips and crispy paprika potatoes.

MUSSELS †** 604kcal 8.59

Mussels in a Marinere sauce. Served with ciabatta.

CHICKEN WING PLATTER † 1550kcal, serves 4 15.09

Served with BBQ, chimichurri and lemon aioli dips.

SALADS

CHICKEN CHIMICHURRI SALAD 530kcal 13.99

Two chicken skewers, lettuce, red onion, cucumber, cherry tomatoes, radish and pickled pink onions, with a chimichurri dressing.

BUDDHA BOWL V 446kcal 10.79

A colourful, fresh, dressed salad, with a quinoa and bean mix, avocado and roasted butternut squash.

Add grilled chicken breast for 287kcal 3.19

AL FORNO PASTA

NEAPOLITAN-STYLE

RIGATONIE V 659kcal 10.79

With a tomato & basil sauce, fresh basil and Italian-style hard cheese. Served with garlic bread.

TOMATO & BACON RIGATONI 1080kcal 11.89

With streaky bacon and a chilli tomato & basil sauce and Italian-style hard cheese. Served with garlic bread.

LASAGNE 1163kcal 12.19

A hearty classic, served with thick-cut chips, garlic bread and dressed leaves.

CURRY

VEGETABLE CURRY VE 1194kcal 12.89

Medium-spiced curry with pilau rice, naan bread, chutney and fresh lime.

BURGERS

BACON & CHEESE BURGER 1675kcal 16.19

With streaky bacon, Monterey Jack cheese, special burgers sauce, tomato and lettuce, in a pretzel bun. Served with fries and house slaw.

CHARGRILLED CHICKEN

BURGER 1082kcal 16.19

Chargrilled chicken breast, with garlic, coriander & mint relish, lemon aioli, tomato and lettuce, in a pretzel bun. Served with fries and house slaw.

Any allergies? If you have an allergy, please let our team know or scan the QR code to find out more.



GRILLS

8 OZ SIRLOIN* 1088kcal 18.29

Served with chips, mushrooms and thyme roasted tomato, with dressed mixed leaves, pickled pink onions and a sauce of your choice.

100Z RIBEYE* 1040kcal 20.79

Served with chips, mushrooms and thyme roasted tomato, with dressed mixed leaves, pickled pink onions and a sauce of your choice.

We recommend serving this medium, as this gives the fat enough time to render down and flavour the meat.

Choose from peppercorn 92kcal or chimichurri 60kcal sauce.

Add shell-on king prawns 133kcal for 5.39

GAMMON STEAK 12.69

Served with thick-cut chips, peas, grilled tomato and either a fried egg 937kcal or pineapple 864kcal.

PIZZAS

MARGHERITA V 770kcal 10.19

Tomato and mozzarella.

PEPPERONI 936kcal 13.99

Tomato, mozzarella, and pepperoni.

VEGGIE V 805kcal 13.49

Tomato, mozzarella, mixed peppers, mushrooms and red onion.

HAM & PINEAPPLE 963kcal 13.49

Tomato, mozzarella, ham and fresh pineapple.

FROM THE SEA

MUSSELS† 823kcal 16.19

Mussels in a Marinere sauce. Served with ciabatta.

SEAFOOD CHOWDER†** 805kcal 15.09

Cod, salmon and king prawn chowder, topped with streaky bacon strips and crispy paprika potatoes.

FISH PIE†** 1130kcal 16.19

With salmon, cod, king prawns and cheese topped champ potatoes. Served with chilli buttered peas.

SIDES

CHIPS V 382kcal 3.19

FRIES V 371kcal 3.19

GARLIC BREAD V 484kcal 3.19

SHELL-ON KING PRAWNS 145kcal 5.89

CORN ON THE COB V 3.59

Plain 181kcal or chilli butter 443kcal

PEAS V 347kcal 3.59

With chilli butter and mint.

HOUSE SLAW V 109kcal 3.59

CRUSTY BREAD & BUTTER V 542kcal 3.59

DESSERTS

PEAR & RASPBERRY CRUMBLE V 6.99

Served with vanilla pod ice cream 452kcal or custard 418kcal.

STICKY TOFFEE PUDDING V 6.99

Served with a salted caramel sauce. With salted caramel ice cream 784kcal or custard 763kcal.

CHOCOLATE TART 613kcal 6.99

Rich dark chocolate ganache in a chocolate-flavour biscuit base, topped with crème fraîche, raspberries and raspberry coulis.

DOUGHNUTS V 606kcal 6.99

Mini sugared doughnuts served with a chocolate orange dip.

VEGAN ICED DESSERT VE 178kcal 6.99

A dairy free alternative to ice cream. Three scoops of salted caramel and vanilla.

BILLIONAIRES

CHEESECAKE 570kcal 6.99

A biscuit base with caramel & vanilla-flavoured cheesecake, topped with chocolate sauce and sprinkled with gold sugar. Served with chocolate and caramel sauces, and squirry cream. Gluten-free option available. 479kcal

Adults need around 2000kcal a day.

We accept all these methods of payment:



For more information about the presence of allergens in all our dishes and menus, please ask a member of our team every time before ordering, even if you have dined with us before, as our food ingredients and specifications can change.

(ve) Suitable for vegans. (v) Suitable for vegetarians. †Fish and poultry dishes may contain bones and/or shell. *Approximate weight uncooked (including bone where appropriate). **Made from more than one piece of tail. Full allergen information on the ingredients in the food we serve is available via QR code on menu. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. We take great care to prevent cross-contamination when preparing your food, however, please be aware that all our dishes are prepared in kitchens where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. As we use other foods containing gluten in our kitchens we cannot declare or guarantee that any of our dishes are gluten free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. We hope you enjoy your visit and welcome any comments you have concerning our food. All prices are in GBP and include VAT at the prevailing rate. H1370.03