

PIZZA, PIZZA PIZZA...

Delicious delights from Zest and a Rise & Shine Crabby brek!
All the choices for every dish of the day. Make your selection and speak to any of the team and we will get the kitchen crew on the case...

pizza

MARGHERITA ESPOSITO

Mozzarella Di Bufala, basil & tomato base. £9.95

PEPPERONI

Grated Mozzarella, tomato base & premium pepperoni & oregano. £11.95

ALLA NAPOLI

Mozzarella di Bufala, anchovy, caper, Belazu black olives and a side of garlic salt. £12.25

PLETHORA

Tomato base, grated mozzarella and a selection of todays charcuterie, rocket & mild chimichurri harissa for the hungry man or woman. £14.95

PORTH NEIGWL (HELLS MOUTH)

Tomato base, grated mozzarella, chorizo sausage, nduja, roast red chilli, crispy shallots & a side of chilli salt. £12.95

POPEYE

Light tomato base, grated mozzarella, chicken, spinach, pancetta, oregano & honey. £12.95

MENORCAN

Tomato base, mozzarella di Bufala, roast chorizo, sweet sobrasada, smoked cheese, honey & rocket. £12.95

TRIDENT

Light tomato base, asparagus, Vulscombe goats cheese and home smoked salmon & Green Goddess dressing. £13.95

LOVE CHORIZO

Light tomato base, roasted chorizo, cavallo nero, nduja & roasted deseeded chilli pepper, and a side of chilli salt & parmesan. £12.95

ROLLED DAHL

Light tomato base, mozzarella di Bufala, caramelised peach, Parma ham & rocket, chilli flakes & paprika salt. £12.95

CURRYANDER

Curried coconut base, spiced paneer, red onion, red pepper tikka, topped with fresh lime and coriander with a side of chilli and garlic salt. (Add chicken tikka - £1.25) £13.75

ZEN

Tomato & harissa base, vegan cheese, cavallo nero, roast red chilli, red pepper, crispy shallots & a side of chilli salted & roasted nuts. £11.95

BSA

Light tomato base, spinach, harissa baked butternut squash, fig, toasted almonds & paprika salt. (Feta optional). £12.95

BON APPETITO

Light tomato base, zucchini, red pepper, artichoke heart, edamame beans salad & beetroot glaze. £13.95



ZEST is our very own delicious uber healthy and fantastically flavoured selection of the tastiest choices around.

So, if you are looking for a salad, a bowl of something that will put a bit of extra pep in your day, or scrumptious pastries and cakes then be sure to take a look at what's on offer.

You won't find a more delightful deli in town!

OPEN 7 DAYS A WEEK.
FROM EARLY UNTIL 9PM.

PLEASE NOTE: ALL PIZZAS CAN BE MADE AS GLUTEN FREE OPTION.

RISE & SHINE

OPEN FOR BREAKFAST

March - October. 7 days a week, from 8.30 - 11am.

Full English Breakfast

Smoked bacon, sausage, egg, beans, tomato, field mushroom and toast 8.95

Vegan Breakfast

Thyme roast tomato chimichurri field mushrooms, avocado, greek baked butter beans & sour dough toast 7.95

Home Smoked Salmon

with scrambled egg on toast 7.45

Crushed Avocado

and Serrano ham on toast (Veggie option with eggs) 7.25

Granola Pots

with Greek yoghurt and mixed berries 3.95

Fresh Croissant with Butter and Jam 2.95

Pain au chocolat 2.95

Bacon Bap 3.95

Sausage Bap 4.25

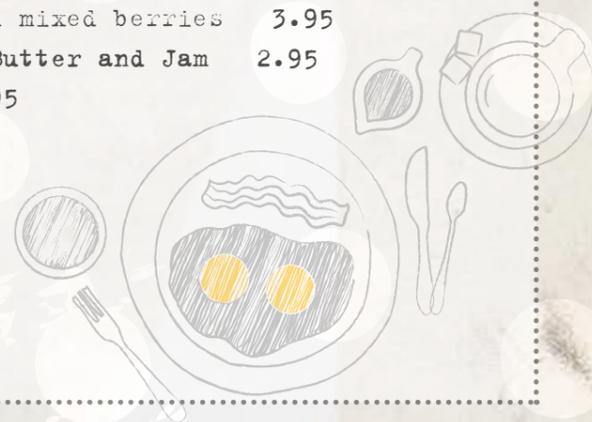
(add egg for 75p)

Eggs Benedict 8.25

(Add Avo for 1.50)

(Add Crab for 3.50)

(Add salmon for 2.00)



FOOD ALLERGENS & DIETARY REQUIREMENTS:

If you would like a detailed ingredients list of any of our menu items please ask a member of staff who will be happy to help. Please note however that many of our menu items will contain nuts or may be prepared using nut oil in an environment where nuts may have been used in preparation.

COMPLAINTS POLICY:

We are confident that you will be pleased with your food and service. However, if for any reason you are unhappy with your meal when it arrives, please bring this to the attention of your waiting staff who can arrange for a replacement or refund. We cannot offer any refund or replacement once your meal has been finished or more than a reasonable amount has been consumed to establish satisfaction of quality. Thank you.

The Crabshell Wine list has been personally selected by Simon, and features some gems that you just won't find anywhere else.

Ask any of the crew to talk you through the perfect matches for your foodie choices.