



HOWDY!

Welcome to Tommy Jacks Urban Beach Hotel, home to Sea Jacks Restaurant. Inspired by the imagination and creativity of our local chefs, here you will find some of your old favourites, and discover some new ones.

Tasting our food will transport you to the inviting shores of our beaches, with your toes in the sand, the breeze in your hair and not a care in the world - because life really is better at the beach.

We know that there's nothing better than experiencing good food with good company at a place that you can truly sit back, relax and enjoy.



Many of our menu items are available as a Gluten Free option, just add £1 to the cost of your dish and ask your server for Gluten Free when you order.

MEET TOMMY JACKS

A throwback to when surfers were kings; Tommy Jacks is ruggedly handsome and easy-going. Renowned for the twinkle in his eye and spring in his step, Tommy is anything but ordinary! He is an intrepid explorer whose stories can brighten even the cloudiest of days – some even say he once escaped the notorious Bermuda Triangle.

Inspired by a life-long love of the beach lifestyle, and driven by good old-fashioned family values, we created Tommy Jacks to reflect the fun figment of the imagination in all of us.

So here at Tommy Jacks, driven by his inspiration, we carry out his message everyday and like Tommy, we take everything 'one wave at a time'.

Vegetarian

Please ask a member of the team for any allergy requirements

TO START

Lemon and Lime Calamari <i>Crispy Squid Rings and Tentacles tossed in a Lemon and Lime Salt with Mango and Aioli.</i>	£5.95
BBQ Pulled Pork Quesadillas <i>BBQ Pork, Mozzarella Cheese and Red Onion served with Salsa and Crème Fraiche.</i>	£4.95
Three Cheese Quesadillas <i>Smoked Applewood, Dolce Latte and Blue Cheese with Red Onion and Charred Corn served with Salsa and Crème Fraiche.</i>	£4.50
Salt and Pepper Shrimp Bombs <i>Served with Sweet Chilli Sauce and House Salad.</i>	£5.50
Garlic Cheese Pizza <i>Baked until golden and bubbling in our stone Pizza Oven</i>	£4.50
Seafood Basket <i>Great to share. Cod Bites, Salt and Pepper Squid, Battered Prawns and Panko Squid Rings. Served in a crispy Tortilla Bowl with Salad.</i>	£8.95

FROM THE GRILL

10oz Ribeye Steak <i>Rosemary Salted Chunky Chips, Beef Tomato, Flat Mushroom and Onion Rings.</i>	£21.95
Full Rack of BBQ Ribs <i>House Salad and Chunky Chips.</i>	£12.50
Lemon Pepper Chicken Pasta <i>Pasta Ribbons in a rich White Wine and Parmesan Sauce topped with a char-grilled Chicken Breast Marinated in Lemon and Black Pepper.</i>	£13.95
Tommys Pulled Pork Burger <i>Handmade Beef Pattie topped with BBQ Pulled Pork, Monterey Jack Cheese and our very own Burger Sauce. Served with House Slaw and Rosemary Salted Chunky Chips.</i>	£12.50
Crispy Cajun Chicken Burger <i>Tender Crispy Chicken Breast with Cajun Spices, Monterey Jack Cheese and our very own Burger Sauce. Served with House Slaw and Sweet Potato Fries.</i>	£12.50
Havana Vegetable Burger <i>A mixture of Turtle and Haricot Beans, Mozzarella and Sweet Potato Pattie with Monterey Jack Cheese and our very own Burger Sauce. Served with House Slaw and Sweet Potato Fries.</i>	£10.50

EATS

FROM THE SEA - Our Speciality!

Double Crab and Lobster Burger <i>Brioche Bun, Seafood Sauce, Beef Tomato and Salsa. Sweet Potato Fries and House Slaw.</i>	£12.95
Jerk Salmon <i>Pan Blackened Jerk Marinated Salmon on a bed of Caribbean Rice with Mango and Red Cabbage Slaw.</i>	£14.50
Lemonade Battered Fish and Chips <i>Served with Garden Peas, Rosemary Salted Chunky Chips, Tartare Sauce and Fresh Lemon.</i>	£9.50

If you would prefer Sweet Potato Fries instead of our regular chips, just add £1 to the cost of your dish and ask your server for this option.



Gluten-Free options on all our Fajitas & Burritos - just add £1

FAJITAS

Fajita Spiced Chicken <i>Bell Peppers, Onions, Flour Tortillas and served with Salsa, Guacomole and Crème Fraiche.</i>	£13.25
Fajita Spiced Cod Loin <i>Bell Peppers, Onions, Flour Tortillas and served with Salsa, Guacomole and Crème Fraiche.</i>	£11.50
Spiced Vegetable <i>Bell Peppers, Onions, Flour Tortillas and served with Salsa, Guacomole and Crème Fraiche.</i>	£10.50

SIDES - All Sides - £3.50

Stone-baked Garlic Pizza
Sweet Potato Fries
Side Salad
Tomato & Mozzarella Salad
Chunky Chips
Coleslaw

PIZZA - All our pizzas are crispy thin and stone-baked in our very own pizza oven.

Piri Piri Chicken <i>Roquito Pepper Drops, Charred Corn, Pineapple, Fresh Coriander and Lime.</i>	12"	£10.50
Four Cheese <i>Dolce Latte, Parmesan, Mozzarella and Smoked Applewood. Topped with Beef Tomatoes and Pesto.</i>	12"	£12.95
Pulled BBQ Pork <i>Smoked Applewood, Granny Smith apple and BBQ Sauce.</i>		£12.50
Wild Mushroom White Pizza <i>Crème Fraiche base with Oyster, Boletes, Cloud Ear and Enoki Mushrooms. Finished with Fresh Peashoots.</i>		£10.50
(Add Ham for White Farmhouse)		£12.50
Spicy <i>Spicy Sausage, Pepperoni, Piri Piri Chicken, Scotch Bonnets and Chilli Cheese.</i>	12"	£10.50
Meat Feast <i>Pepperoni, Ham, Piri Piri Chicken and Pulled Pork.</i>	12"	£13.50



Gluten-Free options on all our Pizzas and Salads - just add £1

TACO BOWL SALADS

All of our salads are served in a homemade Large Taco Shell.

Classic Caesar <i>Shaved Parmesan, Baby Gem, Garlic Croutons and Caesar dressing.</i>	£ 5.50
Chicken Caesar	£ 8.50
King Prawn Caesar	£ 10.50
Buffalo Mozzarella, Maple Syrup, Pecans & Apple <i>Tomato, Cucumber, Peppers, Roasted Corn, Spring Onion, Red Onion, Mixed Leaves and House Dressing.</i>	£8.50
Balsamic Chicken, Boiled Egg and Bacon <i>Tomato, Cucumber, Peppers, Roasted Corn, Spring Onion, Red Onion, Mixed Leaves and House Dressing.</i>	£10.50

SWEET TREATS

Deep Dish Chocolate Cheesecake <i>Chocolate Chunk Ice Cream.</i>	£5.50	Gluten Free Syrup Sponge Pudding <i>Creamy Vanilla Bean Ice Cream.</i>	£6.00	Surfs Up Sundae <i>Chocolate Brownie Chunks, Double Chocolate Ice Cream, Chocolate Sauce and Cream.</i>	£6.50
Belgian Waffles <i>Topped with fruit Compote and Squirry Cream.</i>	£5.50	Key Lime Pie <i>Lemon Sorbet.</i>	£6.50		

WINE

RED*	175ml	250ml	Bottle
1. Short Mile Bay Shiraz, South-Eastern Australia, Australia <i>Ripe blackcurrant and bramble fruit, with a hint of black pepper spice on the finish.</i>	£3.50	£5.00	£15.00
2. Casa Vista Merlot, Central Valley, Chile <i>Generous, soft, ripe blackberry and red plum fruit flavours.</i>	£3.70	£5.35	£16.00
3. Rare Vineyards Pinot Noir, Vin de France, France <i>From the foothills of the Pyrenees, soft, lightly oaked cherries and blueberries with a hint of spice.</i>	£4.00	£5.70	£17.00
4. Callia Lunaris Malbec, San Juan, Argentina <i>Enticing aromas of cherry, plum with a background of warming spice, with freshness to the finish.</i>			£19.00
5. Don Jacobo Rioja Crianza Tinto Bodegas Corral, Spain <i>Abundant bright raspberry aromas mingle with sumptuous cherries and layered with a creamy barrique character</i>			£22.00

* All our wines are also available in 125 ml measures. Please ask when ordering.

BUBBLES

	Bottle
6. Sant' Orsola Prosecco Extra Dry, Italy <i>Light and lively, with ripe pears and lemons with a hint of sweetness.</i>	£20.00
	200ml
7. Bottega Prosecco Dry White, Italy <i>Fine effervescence. Aromas of white peach, grapefruit and melon.</i>	£6.50
8. Bottega Prosecco Rosé, Italy <i>Fine bubbles, fresh and fragrant with delicate apple, pear and citrus with hints of honeysuckle.</i>	£6.80

WINE	175ml	250ml	Bottle
9. Corte Vigna Pinot Grigio Rosé delle Venezie, Italy <i>Off-dry, light and fresh, morel cherry and ripe strawberry flavours.</i>	£3.75	£5.35	£16.00
10. Vendange White, Zinfandel, California, USA <i>A brief time with juice and skin together gives this delicate colour, delicious strawberry aroma and zingy freshness.</i>	£4.00	£5.70	£17.00

WINE

ROSÉ*

	175ml	250ml	Bottle
9. Corte Vigna Pinot Grigio Rosé delle Venezie, Italy <i>Off-dry, light and fresh, morel cherry and ripe strawberry flavours.</i>	£3.75	£5.35	£16.00
10. Vendange White, Zinfandel, California, USA <i>A brief time with juice and skin together gives this delicate colour, delicious strawberry aroma and zingy freshness.</i>	£4.00	£5.70	£17.00

WINE

WHITE*	175ml	250ml	Bottle
11. Kleine Zalze Bush Vines Chenin Blanc, Coastal Region, South Africa <i>Soft and creamy, a hint of ripe exotic fruit and a delicious vanilla sweetness.</i>	£3.50	£5.00	£15.00
12. Pontebello Pinot Grigio, Hungary <i>Fresh with notes of ripe peach and citrus, backed by a touch of richness.</i>	£3.75	£5.35	£16.00
13. Casa Vista Chardonnay, Central Valley, Chile <i>Zesty with ripe citrus and honeydew melon flavours followed by a refreshing finish.</i>	£4.20	£6.00	£18.00
14. Waipara Hills Sauvignon Blanc, Marlborough, New Zealand <i>Generous and lifted, showing powerful aromas of nettle and snow pea: the palate bursts with fresh citrus, grapefruit and melon notes.</i>			£21.00
15. Don Jacobo Rioja Blanco, Bodegas Corral, Spain <i>Fresh, dry, crisp and modern, from this classic Spanish region using the local Viura grape.</i>			£22.00

RUM & SPIRITS

RUM

	Per shot
Angustora 1824 <i>12 year limited reserve blend with the finest mature rums. This rum is aged in charred American oak bourbon barrels then hand-blended for optimum maturity and taste.</i>	£3.00
Bacardi Carta Ocho <i>1862 recipe of 8 year barrel-aged reserve rum with delightful aromas of prunes, apricots, vanilla and nutmeg over a clean oaky palate.</i>	£2.50
The Duppy Share <i>100% pot still Jamaican rum blended with barbarian rum packed with tropical flavours with a warm buttery finish.</i>	£2.50
Kraken <i>Aged and blended with spices of cinnamon, ginger and cloves. Kraken is strong, rich, black and smooth.</i>	£2.00
Pusser's Navy Rum <i>The original Navy rum 'tot' served by the Royal Navy for the last 330 years, leading up to Black Tot Day on July 31st 1970, when the last rum ration was served.</i>	£3.50

VODKA

Smirnoff	Per shot £2.20
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Bombay Sapphire	Per shot £2.50
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WHISKEY

Famous Grouse	£3.50
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BRANDY/COGNAC

Martell VS	£3.20
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OTHER TIPPLES

Cockburns Fine	£2.50
Ruby Port	
Tia Maria	£2.20
Baileys	£2.00
Cointreau	£2.50
Pimms No 1	£2.20
Drambuie	£2.50
Southern Comfort	£2.30

* We can offer more Spirits. Please ask when ordering if you can't see your favourite here.

BOTTLED BEERS & CIDERS

CORNISH ALES

St Austell Tribute - Pale Ale	£3.60
St Austell Proper Job - IPA	£4.00
St Austell Big Job - Double IPA	£4.50
St Austell Menu Dhu - Stout	£3.60
St Austell Admiral's Ale Best Bitter	£4.00
Skinnners Lushingtons Sunshine Pale Ale	£4.00
Skinnners Porthleven Untameable Pale Ale	£4.00
Sharps Doom Bar - Amber Ale	£3.65
Sharps Atlantic - Pale Ale	£3.65

WORLD BEERS

Beavertown Gamma Ray American Pale Ale	£4.00
Beavertown Smog Rocket Smoked Porter	£4.00
Brewdog Punk IPA - IPA	£4.00
Boulevard Single Wide - IPA	£4.00
Brooklyn Lager Vienna style Lager	£4.00
Einstok White Ale - Wheat Beer	£4.00
Sierra Nevada - Pale Ale	£4.25
Corona - Lager	£3.75
Peroni - Lager	£3.20
Guinness (Surger Can) - Stout	£3.75

CIDERS

Cornish Orchards Gold	£4.00
Cornish Orchards Farmhouse Sparkling	£4.00
Cornish Orchards Heritage	£4.00
Cornish Orchards Pear	£4.00
Cornish Orchards Blush	£4.00
Rekorderlig Strawberry and Lime	£4.00

SOFT DRINKS

FROM THE GUN	Half	Pint
Coke	£1.75	£2.60
Diet Coke	£1.75	£2.60
Lemonade	£1.75	£2.60
Soda Water	£0.50	£1.00
Oso-Juicy		
Apple & Mango	£1.75	£2.60
Orange & Passion Fruit	£1.75	£2.60
Orange Juice	£1.75	£2.60
Apple Juice	£1.75	£2.60
Cranberry Juice	£1.75	£2.60

BOTTLED SOFT DRINKS

Strathmore Still Water 330ml	£2.20
Strathmore Still Water 750ml	£3.00
Strathmore Sparkling Water 330ml	£2.20
Strathmore Sparkling Water 750ml	£3.00
Appletiser	£2.80
Elderflower Presse	£2.80
Franklin Ginger Beer	£2.80

HOT DRINKS

COFFEE

Espresso	£1.50
Double Espresso	£1.80
Cappuccino	£2.50
Latte	£2.70
Americano	£2.50

TEAS

£2.50 EACH

All our teas are Fair Trade.

Green
Earl Grey
Peppermint

Hot Chocolate	£2.50
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Topped with miniature marshmallows

FROM THE PUMP

	Pint
Carlsberg Lager	£3.50
San Miguel Lager	£3.90
Korev Lager	£3.80
Healey's Rattler Cyder	£3.80

Rotating real ales and craft beer selections – ask your server for more

OUR DRINKS MENU OFFERS A WIDE SELECTION OF CONSTANTLY CHANGING ITEMS TO REFLECT TRENDS AND SEASONS