



## 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.

 - Vegetarian

**GF** - Gluten Free (ask your server for more options)

## 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 spirit 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'.

Please ask a member of the team for any allergy requirements

## STARTERS & NIBBLES

Marinated Olives 	£2.50
Tommy Jacks Pizza Garlic Bread 	£3.50
Make it Cheesy + £1.50 	
Char-Grilled Tiger Prawns	£6.50
<i>Charred Lemon and Garlic Butter.</i>	
Goats Cheese Stuffed Portabello Mushrooms 	£5.50
<i>Toast and Pesto.</i>	
Cheesy Nachos	£5.95
<i>Salsa, Sour Cream, Cheese and Jalapenos.</i>	
Make it Meaty, add Tommy Jacks Beef Chilli + £2.50	
Smoked Chicken Quesadilla	£6.50
<i>Black Beans, Guacamole, Salsa and Cheese.</i>	
Buffalo Chicken Wings	6 Wings £6.00 10 Wings £9.00
<i>Blue Cheese Dip and Celery Sticks.</i>	

## 9" HOME BAKED PIZZAS

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

Cajun Chicken Pizza	£10.00
<i>Peppers, Red Onion, Pizza Sauce and Mozzarella.</i>	
Blue Cheese	£9.50
<i>Camembert, Bacon, Rocket and Red Onion.</i>	
King Prawn and Chorizo Pizza	£11.00
<i>Pizza Sauce, Sweet Chilli and Mozzarella.</i>	
Classic Margherita 	£9.00
<i>Pizza Sauce, Tomato, Mozzarella and Torn Basil.</i>	
Goats Cheese 	£9.50
<i>Goats Cheese, Pizza Sauce, Onion Chutney and Rocket.</i>	

## SIDES

Chips	£3.00
Cheesy Chips	£4.00
Onion Rings	£3.00
Tommy Jacks House Salad and French Dressing	£3.00
Coleslaw	£2.00



Many of our menu items are available as a Gluten Free option, just ask your server for Gluten Free when you order.

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## MAINS

### SUMMER SALADS

Starter size or larger for a perfect light main

Caesar Salad	Small £6.50	Large £11.00
<i>Wicketts Farm Chicken, Bacon, Cos Lettuce Croutons, Parmesan and Caesar Dressing.</i>		
Nicoise Salade	Small £6.50	Large £11.00
<i>Poached Salmon, New Potatoes, Green Beans, Olives, Anchovies, Tomato &amp; Soft Egg.</i>		
Summer Vegetable 	Small £6.00	Large £10.50
<i>Char-Grilled Vegetables, Herb Couscous, Feta Cheese, Rocket and Balsamic Vinegar.</i>		

## PLATTERS

A bit bigger than a starter, perfect with a glass of something cold in the sun

Fisherman's Platter	£9.50
<i>Smoked Salmon, Prawns, Crab, Anchovies, Smoked Mackerel Pâté, Cocktail Sauce and Crusty Bread.</i>	
Cornish Charcuterie Platter	£9.50
<i>Chilli Chorizo, Seaweed &amp; Cider Salami, Fennel Salami, Smoked Duck breast, Chutney and Pickles.</i>	
Veggie Platter 	£9.00
<i>Cheeses, Hummus, Sundried Tomatoes, Grilled Vegetables, Chutney, Pickles and Crusty Bread.</i>	


## SARNIES - Served from 12 - 2pm

On freshly sliced White or Brown Bread with Salad and House Slaw

Cornish Crab and Prawn	£8.00
<i>Iceberg Lettuce and Cocktail Sauce.</i>	
Cornish Yarg and Chutney 	£6.00

## KIDS

All served with Salad, Peas or Heinz Baked Beans.

100% Chicken Nuggets and Chips	£6.00
Olde English Sausage and Chips	£6.00
Mini Tommy Jacks Burger and Chips	£6.00
Tomato and Cheese Pasta 	£6.00
Mini Fish and Chips	£6.00
Mini Cheese and Tomato Pizza 	£6.00

## BURGERS

All served in a Brioche Bun with Chips & House Slaw

Tommy Jacks Beef Burger	£12.00
<i>Brisket, Cheddar Cheese, Relish and Pickle.</i>	
Cajun Chicken Burger	£11.00
<i>Avocado, Salsa and Monterey Jack Cheese.</i>	
Butternut Squash, Beetroot and Goats Cheese Burger 	£10.50
<i>Relish and Onion Chutney.</i>	
Tommy Jacks Crispy Fish Bun	£11.00
<i>Green Chilli Mayonnaise, Salsa and Pickle.</i>	

## TOMMY JACKS CLASSICS

Beer Battered Cornish Fish & Chips	£12.00
<i>Garden Peas and Tartare Sauce.</i>	
8oz Rump Steak	£18.00
<i>Chips, Roast Tomato, Field Mushroom and Onion Rings</i>	
Add Garlic Butter + £1.50	
Add Peppercorn Sauce + £2.50	
Cornish Fish Pie	£12.50
<i>Salmon, Smoked Haddock, Cod and Prawns, Topped with Mashed Potato and Cheese, served with Garden Peas.</i>	
Tommy Jacks Curry of the Day	£10.50
<i>Rice, Naan Bread and Mango Chutney.</i>	

Classic B.L.T.	£7.00
<i>Bacon, Lettuce and Tomato.</i>	
Fish Finger and Tartare Sauce	£7.00
Tommy Jacks Triple Decker Club.	£8.50
<i>Chicken, Bacon, Tomato, Fried Egg, Salad and Mayonnaise.</i>	

## SWEET TREATS

Sticky Toffee Pudding	£5.50
<i>with Vanilla Ice Cream.</i>	
Chocolate Fudge Cake	£5.50
<i>with Raspberry Sorbet.</i>	
Warm Belgian Waffle	£5.50
<i>with Clotted Cream and Chocolate Sauce.</i>	
A Selection of Ice Cream & Sorbets	£4.50