

Champagne and sparkling

1. Cremant de Limoux, Salasar - Limoux, France ~ 1
A lively sparkling wine with apple and tropical fruits
125ml £6.96 | Bottle £29.04
125ml £8.70 | Bottle £36.30

2. Vilarnau 'Gold Edition', Organic Cava - Spain ~ 1
Freshly cut pear with bready hints (v)
125ml £6.96 | Bottle £29.04
125ml £8.70 | Bottle £36.30

3. Prosecco Spumante, Nua - Veneto, Italy ~ 2
Green apple and peach with a mouth-filling mousse
125ml £6.40 | Bottle £25.60
125ml £8.00 | Bottle £32.00

4. Jules Feraud - Champagne, France ~ 1
Fresh and clean, with hints of brioche (v)
125ml £10.80 | Bottle £56.00
125ml £13.50 | Bottle £70.00

5. Jules Feraud Rose - Champagne, France ~ 1
Apricot, peach, raspberry and black cherry flavours (v)
125ml £12.00 | Bottle £60.00
125ml £15.00 | Bottle £75.00

6. Bollinger 'Special Cuvee' NV - Champagne, France ~ 1
Toast and biscuit flavours, balanced by golden apple notes
Bottle £78.40 | £98.00

7. Bollinger La Grande Annee 2014 - Champagne, France ~ 1
Orchard fruit, fresh peach, orange oil, toasted walnuts, dried apple
Bottle £180.00 | £225.00

White wine

8. Calancombe Estate, 'Bacchus' - Devon, England ~ 1
Clean and crisp with a touch of peach, gooseberry and citrus
175ml £9.28 | 250ml £11.92 | Bottle £33.60
175ml £11.60 | 250ml £14.90 | Bottle £42.00

9. Riversdale Sauvignon Blanc - Marlborough, New Zealand ~ 1
Layers of gooseberry, peach and lemon (v)
175ml £7.68 | 250ml £9.52 | Bottle £27.20
175ml £9.60 | 250ml £11.90 | Bottle £34.00

10. Picpoul de Pinet, 'Duc de Morny' - Languedoc, France ~ 1
Bone dry yet bursting with citrus fruit, white blossom and melon (v)
175ml £8.08 | 250ml £10.72 | Bottle £29.60
175ml £10.10 | 250ml £13.40 | Bottle £37.00

11. Rio Roca Sauvignon Blanc - Central Valley, Chile ~ 1
Fresh and floral with elderflower, peach and gooseberry
175ml £5.28 | 250ml £7.12 | Bottle £20.00
175ml £6.60 | 250ml £8.90 | Bottle £25.00

12. Cortestrada Pinot Grigio Catarratto - Veneto, Italy ~ 2
Light and dry with mellow orchard fruit (v)
175ml £5.28 | 250ml £7.12 | Bottle £20.00
175ml £6.60 | 250ml £8.90 | Bottle £25.00

13. Willowglen Gewurztraminer Riesling - SE Australia ~ 4
Sweet floral notes balanced by fresh citrus flavours
175ml £6.08 | 250ml £8.32 | Bottle £24.00
175ml £7.60 | 250ml £10.40 | Bottle £30.00

14. Joey Brown Fruity Wine - South Eastern Australia ~ 3
Fresh and fruity with citrus and peach
175ml £4.88 | 250ml £6.72 | Bottle £18.40
175ml £6.10 | 250ml £8.40 | Bottle £23.00

15. Cremale Recas, 'Umbrele' Chardonnay - Romania (V) ~ 2
Fresh, succulent melon and crisp peach
175ml £5.68 | 250ml £7.92 | Bottle £23.20
175ml £7.10 | 250ml £9.90 | Bottle £29.00

16. Chablis Domaine de la Motte - Burgundy, France ~ 1
Ripe stone fruit flavours and a long, steely finish
175ml £11.28 | 250ml £14.72 | Bottle £40.80
175ml £14.10 | 250ml £18.40 | Bottle £51.00

Red wine

17. Cremale Recas, Pinot Noir, 'Calusari' - Romania ~ A
Lighter with smoky strawberry fruit on the palate (v)
175ml £6.08 | 250ml £8.32 | Bottle £24.00
175ml £7.60 | 250ml £10.40 | Bottle £30.00

18. Gatito Loco Organic Rioja Tinto - Rioja, Spain ~ C
Red and black fruit flavours with hints of vanilla and liquorice (v)
175ml £7.68 | 250ml £9.52 | Bottle £27.20
175ml £9.60 | 250ml £11.90 | Bottle £34.00

19. False Bay 'Old School' Syrah - South Africa ~ C
Cassis and black cherry flavours with white pepper spice (v)
175ml £7.68 | 250ml £9.52 | Bottle £27.20
175ml £9.60 | 250ml £11.90 | Bottle £34.00

20. Rio Roca Merlot - Central Valley, Chile ~ C
Round and soft, with plum, cherry and a hint of cedar
175ml £5.28 | 250ml £7.12 | Bottle £20.00
175ml £6.60 | 250ml £8.90 | Bottle £25.00

21. Joey Brown Soft Red - SE Australia ~ C
Smooth, succulent and plummy
175ml £4.88 | 250ml £6.72 | Bottle £18.40
175ml £6.10 | 250ml £8.40 | Bottle £23.00

22. Gold County Cabernet Sauvignon - California ~ D
Ripe red fruit, cherries and fruit jam
175ml £5.68 | 250ml £7.92 | Bottle £23.20
175ml £7.10 | 250ml £9.90 | Bottle £29.00

23. Toro Fuerte Malbec - Mendoza, Argentina ~ D
Inky, velvet-smooth with dark fruit deliciousness (v)
175ml £6.88 | 250ml £9.12 | Bottle £25.60
175ml £8.60 | 250ml £11.40 | Bottle £32.00

Rose wine

24. Whispering Angel Provence Rose - Provence, France ~ 1
Enticing juicy strawberry, white peach and cherry flavours
175ml £13.68 | 250ml £18.72 | Bottle £49.60
175ml £17.10 | 250ml £23.40 | Bottle £62.00

25. Saint Louis de Provence Rose - Provence, France ~ 1
Notes of cranberry and strawberry with a mouthwatering finish
175ml £8.08 | 250ml £10.72 | Bottle £30.40
175ml £10.10 | 250ml £13.40 | Bottle £38.00

26. Ancora Pinot Grigio Rose - Pavia, Italy ~ 2
A light, creamy texture with acidity, leading to a crisp, dry finish (v)
175ml £6.08 | 250ml £8.32 | Bottle £24.00
175ml £7.60 | 250ml £10.40 | Bottle £30.00

27. Pink Orchid, Zinfandel Rose - California ~ 4
Sweet strawberry, pomegranate, watermelon and lychee flavours
175ml £5.28 | 250ml £7.12 | Bottle £20.00
175ml £6.60 | 250ml £8.90 | Bottle £25.00

Dessert wine

28. Moscato Passito DOC, Il Cascinone 'Palazzina' - Italy ~ 7
Intense lemon meringue, marmalade and apricot
Bottle £24.00 | Bottle £30.00

29. Sauternes, Dulong Reserve - Bordeaux, France ~ 8
Typical Sauternes - velvety, sweet and luscious
Bottle £25.60 | Bottle £32.00

Alcohol-free

- Nozeco - Italy
A lively, crisp experience with bright apple and pear tones
20cl bottle £6.40 | £8.00

Draught

	Pint
Madri	£4.96 £6.20
Pravha	£4.68 £5.85
Cold River	£4.24 £5.30
Salcombe IPA	£4.88 £6.10
Doom Bar	£4.92 £6.15
Guinness	£4.92 £6.15

Bottled

Tribute	£4.76 £5.95
Old Speckled Hen	£4.48 £5.60
London Pride	£4.56 £5.70
Moretti	£4.32 £5.40
Estrella	£4.32 £5.40
Gluten Free Peroni GF	£4.48 £5.60
Devon Red	£5.28 £6.60
Annings Fruit Cider	£5.28 £6.60

Non / low alcohol

Madri 0.0%	£3.00 £3.75
Heineken 0%	£2.72 £3.40
Lucky Saint 0.5% Lager	£4.32 £5.40
Guinness 0.0%	£4.96 £6.20
Doom Bar Zero	£4.56 £5.70
Thatchers Zero	£4.36 £5.45
Salcombe 0% Gin	£4.00 £5.00

Cocktails

Bar Buoy cocktails made in Exmouth	£7.20 £9.00
Espresso Martini	Seabird Paloma
Margarita	Hugo Spritz
Cosmopolitan	Negroni
Passionfruit Martini	Pineapple Daiquiri

Gin

Tarquins Gin ~ various from	£5.33 £6.67
Brecon Gin	£3.49 £4.37
Salcombe Gin ~ various from	£4.87 £6.09
Bombay Sapphire	£3.68 £4.60
Hendricks	£5.20 £6.50
Plymouth Gin	£4.42 £5.52
Malfy Arancia	£4.51 £5.64
Gordons	£3.68 £4.60
Tanqueray	£3.68 £4.60
The Botanist	£5.52 £6.90
Falmouth Dry Gin	£5.19 £6.49
Ramsbury Single Estate	£4.32 £5.41
Martin Millers	£4.46 £5.58

Vodka

Wyborowa Pure Polish Vodka	£3.20 £4.00
Absolut Blue	£3.68 £4.60
Belvedere	£5.20 £6.50
Black Cow	£4.42 £5.52
Grey Goose	£5.52 £6.90
Ketel One	£4.60 £5.75
Zubrowka Bison	£3.68 £4.60

Hot drinks

Choose: whole, semi-skimmed, skimmed,
oat, soya or coconut milk

	Regular	Large
Americano	£2.72 £3.40	£3.12 £3.90
Cappuccino	£2.88 £3.60	£3.20 £4.00
Latte	£2.88 £3.60	£3.20 £4.00
Flat white	£3.12 £3.90	-
Single espresso	£2.32 £2.90	-
Double espresso	£2.64 £3.30	-
Mocha	£2.88 £3.60	£3.20 £4.00
Filter coffee	£2.08 £2.60	£2.48 £3.10

Chai latte	£3.68 £4.60
Matcha latte, syrup	£3.68 £4.60
Hot chocolate	£3.20 £4.00

Pot of tea for one	£2.56 £3.20
Mug of tea	£2.24 £2.80
Speciality tea ~ pot for one	£2.64 £3.30
Speciality tea ~ mug	£2.32 £2.90
~ Peppermint/Green/Red Bush/ Chamomile/Berry/Earl Grey/ Lemon/Darjeeling/Decaffeinated	

Iced

Iced coffee	£3.68 £4.60
Iced latte	£3.68 £4.60
Iced Matcha latte	£3.68 £4.60
Iced Strawberry Matcha	£3.68 £4.60

Snacks

Wolfy's Protein Porridge Pot - to go	£3.20 £4.00
The Protein Ball Co - choice of flavours	£3.00
Creatime Bar - choice of flavours	£2.95
~ contains: 3g creatine, 15g protein	

Olives	£2.75
Pipers Crisps - regular	£1.50
- large	£4.50
Mr Filberts Nuts	
~ Rosemary Almonds	£2.40
~ Salt & Pepper Cashews	£2.40
~ Sweet Chilli Crackers	£2.40
~ Chilli & Lime Peanuts	£1.95
~ Salt-crusted Peanuts	£1.95

Teacake	£3.20 £4.00
Scone, butter	£3.20 £4.00
Scone, jam, cream	£4.00 £5.00
Cheese scone, butter	£3.20 £4.00
Cookie	£2.50
Pastries	£2.95
Cakes	from £3.25

Cakes, pastries, scones ~
today's selection on the bar

Cold drinks

Coca Cola Diet Coke Coke Zero Lemonade	
Half pint	£1.17 £1.47
Large (16oz)	£2.36 £2.95

The Trip CBD	£3.20 £4.00
One Living Kombucha	£3.20 £4.00
Perfected Matcha	£2.96 £3.70
Jamu Prebiotic Water	£3.20 £4.00
VitHit Vitamin Drinks	£3.16 £3.95
San Pellegrino	£2.00 £2.50
Luscombe	£3.16 £3.95
Lucozade Sport	£2.36 £2.95
Red Bull	£2.00 £2.50
Pip Organic	£2.60 £3.25

Post-workout hydration

Four Five Hydro Plus Electrolytes	£5.60 £7.00
tube of 20 contains: 5 electrolytes, 7 vitamins, no sugar	
~ Mixed berry Orange and mango	

Milkshakes & Protein Shakes

Made to order with milk and ice cream - optional
scoop of Bulk Whey Protein or Vegan Protein

Choose:
whole/semi-skimmed/oat/soya

Cookies and Cream	£3.12 £3.90
Vanilla	£3.12 £3.90
Salted Caramel	£3.12 £3.90
Chocolate Chip	£3.12 £3.90
Plant-based Chocolate	£3.12 £3.90
Plant-based Vanilla	£3.12 £3.90

Freshly-made Smoothies

Made to order
~ all with apple & pear juice

Raspberry Heaven	£3.96 £4.95
~ raspberries, blueberries, mango	
Pineapple Sunset	£3.96 £4.95
~ pineapple, papaya, mango	
Super Green	£3.96 £4.95
~ spirulina, avocado, spinach, lime, basil	
Strawberry Fantasy	£3.96 £4.95
~ banana, strawberries	
Mango Dream	£3.96 £4.95
~ mango, pear	
Green Reviver	£3.96 £4.95
~ banana, kale, lemongrass, mango	
Blue Blast	£4.76 £5.95
~ spirulina, banana, peach, pineapple, lime	
Matcha Power	£4.76 £5.95
~ pineapple, banana, spinach, matcha	