

START YOUR DAY RIGHT

BREAKFAST

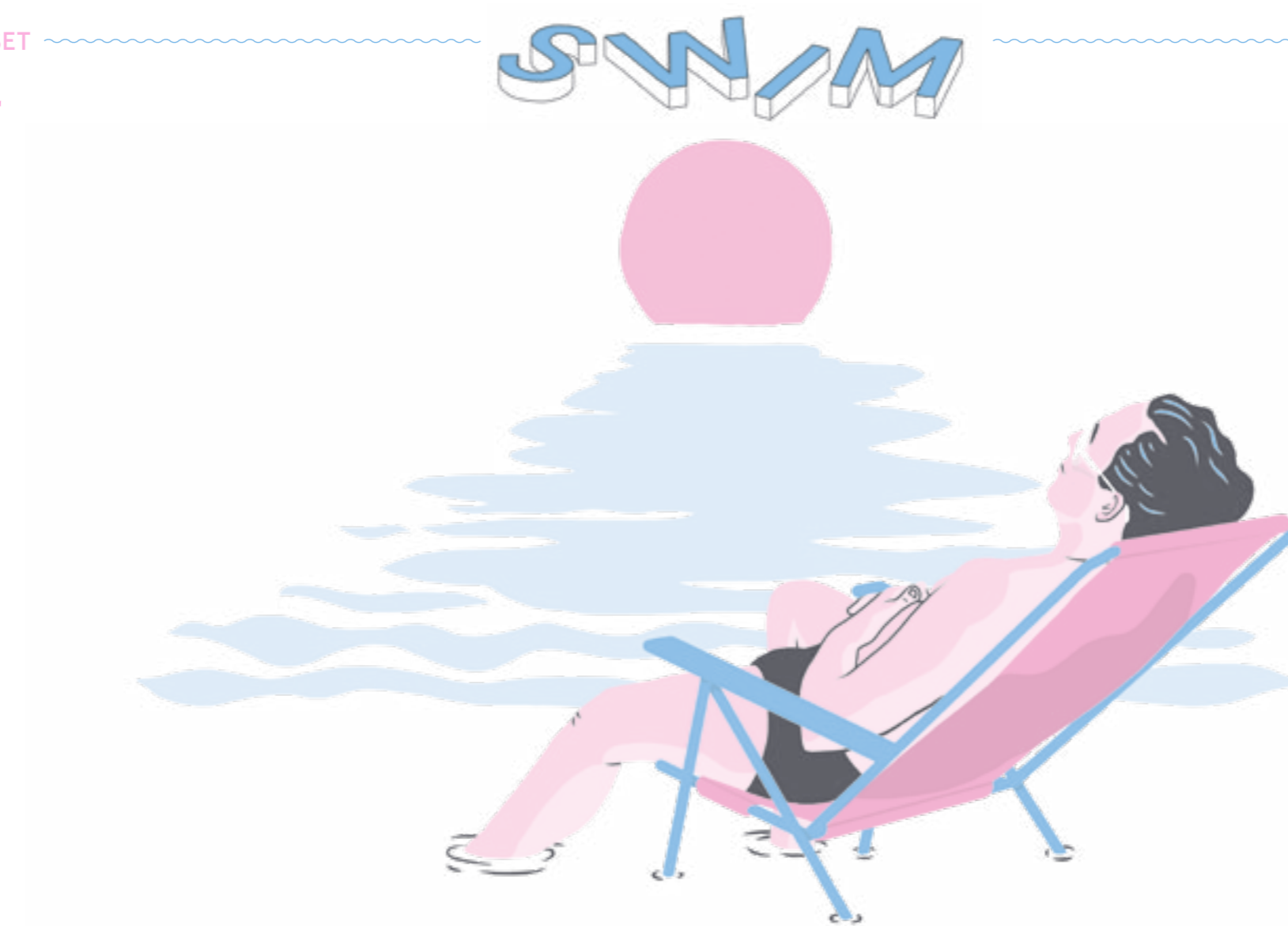
Available until 11:30

Brioche French toast, house syrup, bacon or fruit.	8
Steak n' eggs, sautéed potatoes.	12
House beans, fried egg, toast. <small>Vegan option available.</small>	7.5 v/vg
Smashed avocado, lime, coriander, chilli, poached eggs, toast.	8.5 v
Farm breakfast Sausage, smoked streaky bacon, roasted mushroom, slow roasted tomato, house beans, egg, toast.	10.5
Field breakfast Roasted mushroom, slow roasted tomato, smashed avocado, house beans, sautéed potatoes, egg, toast.	10.5 v
Vegan breakfast Roasted mushroom, slow roasted tomato, smashed avocado, house beans, sautéed potatoes, scrambled tofu, toast.	10.5 vg
Eggs most ways Fried, poached or scrambled on toast made from today's bread. <small>Vegan option available.</small>	6 v/vg
Overnight oats Chia seeds, vanilla, seasonal fruit & honey.	7 v
Toast Made from today's freshly baked bread with butter & honey or jam. <small>Vegan option available.</small>	3.5 v/vg
Pastries & baked goods Freshly baked every morning. <small>Ask a member of staff for today's selection</small>	

BREAKFAST SANDWICH

On our own white or brown sourdough

Sausage sandwich	5.5
Smoked streaky bacon sandwich	5.5
Roasted mushroom and tomato sandwich	5.5 vg
Could eat more?	
Add a fried egg	1 v
Add turmeric tofu scramble	1 vg



BREAKFAST EXTRAS

Freestyle and add extras to any breakfast

Sausage	2.5	gf
Smoked streaky bacon	2.5	
Roasted mushroom	1.5	vg
Sautéed potatoes	1.5	
Smoked salmon	3	
Slow roasted tomato	1.5	vg
Avocado	2	vg

SIDES

From Noon

Skinny fries	4	vg, gf
Sweet potato fries	5	vg, gf
Parmesan truffle fries	6	v, gf
Swim Slaw	3.5	gf
Garden salad with tomato, cucumber & house dressing	5	vg, gf
Seasonal greens	5	vg, gf

LUNCHEON

WHOLE BOWLS

Available from noon - close

Sunbeam Red & white quinoa, falafel, baby spinach, hummus, roasted peppers, slow roasted tomatoes, quick pickled cucumber & red onion, toasted seeds, citrus dressing.	10	vg
Warrior Vermicelli rice noodles, tender stem broccoli, mixed leaf salad, red onion, carrot, coriander, edamame beans, satay peanut dressing.	10	vg

Throw in some extras

Local crab, with lime & dill mayo or plain	4
Grilled chicken	2.5
Smoked Salmon	3.5

SANDWICHES

Available noon - 4pm

Our fresh sourdough bread, rocket & spinach salad, skinny fries.

Local crab, plain or with lime & dill mayo.	10
Smoked Severn & Wye salmon, quick pickled red onion & cucumber, chive cottage cheese.	9.5
Hummus, avocado, carrot, beet, snow pea sprouts & pickled cucumber.	9 vg

TOASTED SANDWICHES

Available noon - 4pm

Today's freshly baked bread toasted golden brown, rocket & spinach salad, skinny fries.

Grilled chicken, avocado, Longman's oak smoked cheddar, smoked streaky bacon, mayo.	9.5
Grilled pork belly rashers, caramelised onion, English gruyère, salsa macha mayo.	9
English gruyère, Fetish feta & Longman's oak smoked cheddar, slow roasted tomato, sweet white onion, mayo.	9 v
Falafel, hummus, Fetish feta, roasted peppers, garlic mayo. <small>Vegan cheese available.</small>	9 v/vg

FRITTATA

Available noon - 4pm

Freshly cooked frittata, seasonal mixed leaves & skinny fries. <small>Ask a member of staff for today's special.</small>	8.5
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THE SUNDAY SLOW DOWN

BLOODY MARYS, SUNDAY PAPERS, FRESH COFFEE VINYL FREE-FOR-ALL

RELAX, RE-FUEL & FIND SOME INNER PEACE AHEAD OF THE COMING WEEK



LIKE SWIM? VISIT OUR SISTER RESTAURANT



RISE

WEST BAY, NR. BRIDPORT
DT7 3J8

@RISECAFEBAR
RISECAFEBAR.CO.UK



ALLERGENS
We take allergies seriously, if you have any dietary requirements, please ask a member of staff for our full allergen menu.

COELIAC
Rest assured we have a dedicated fryer for you.

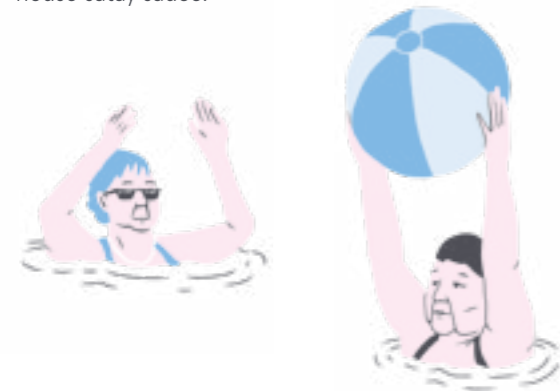
v - Vegetarian | vg - Vegan | gf - Gluten Free

MAIN MENU

SMALL PLATES & STARTERS

Available from noon until close

Salt & pepper calamari House sweet chilli.	7.5
Crispy hot wings Miso spicy sauce.	7.5
Garlic buttered shell on prawns Today's fresh sourdough.	9
Tokyo ribs Sticky honey ginger glaze.	7.5
Tempura vegetables Sesame & soy dipping sauce.	7.5 v
Char-grilled broccolini Salsa macha, roasted seeds.	7 vg
Fish taco Quick pickled red onion & cucumber, shredded cabbage, Gochujang mayo.	7.5
Pumpkin, avocado & Fetish feta street taco Salsa macha pesto.	7 v
Vegan Pumpkin, avocado & tofu street taco Salsa macha pesto.	7 vg
Nachos Corn tortilla's, avocado, Longman's mature cheddar, fresh tomato salsa, sour cream, jalepeños.	8 v, gf
Vegan Nachos Corn tortilla's, avocado, hummus, melted vegan cheese, jalepeños, fresh tomato salsa.	8 vg, gf
Parmesan truffle fries	6 v, gf
Skinny fries	4 vg, gf
Sweet potato fries	5 vg, gf
Trio of sauces Swim sauce, miso spicy mayo, house satay sauce.	3



MEAT

10oz char-grilled sirloin, herb butter, skinny fries.	24 gf
Panko breaded chicken schnitzel, house satay sauce, skinny fries.	13.5
Mac n' cheese, smoked streaky bacon, English gruyère, truffle oil.	11.5
Chicken curry, coconut spinach, wholegrain, basmati rice.	14 gf
Pork belly rashers, pak choi, tenderstem broccoli, Asian broth, roasted chilli salsa.	13 gf

SWIM SESSIONS

We love music, so much in fact that we occasionally push our tables out of the way and play host to some truly amazing live acts.

Stay in the loop via your favourite social technology or our website weswim.co.uk



SIDES

From Noon

Skinny fries	4 vg, gf
Sweet potato fries	5 vg, gf
Parmesan truffle fries	6 v, gf
Garden salad with tomato, cucumber & house dressing	5 vg, gf
Swim Slaw	3.5 gf
Seasonal greens	5 vg, gf

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VEGETABLE

Masala pumpkin, cauliflower, chickpea & coconut curry, spinach, wholegrain basmati rice.	12.5 vg, gf
Mac n' cheese, English gruyère, truffle oil.	10 v
Ramen noodle bowl, Asian Greens, tofu shiitake mushroom.	12.5 vg

FISH

Beer battered local fish, thick cut chips, crushed peas, tartare sauce. Gluten-free option available.	13.5 gf
Fish curry, coconut, spinach, wholegrain basmati rice.	13 gf
Salt & pepper calamari, Asian salad, house sweet chilli sauce.	15 gf
Fish pie with local white fish, smoked haddock, salmon, smoked mackerel, creamy mash, boiled egg, melted gruyère cheese.	14

Local fish of the day specials. please see chalkboard.

BURGERS

Served on our very own sesame seed brioche buns with skinny fries. Gluten-free buns available.

The Dorset Longhorn burger Grass fed Longhorn chuck steak patty, caramelised onion, garlic mayo, lettuce & tomato with Dorset Blue Vinney or Wookey Hole Aged Cheddar.	14
Cheese burger British beef patty, American cheese, pickle, Swim sauce.	11.5
Chicken burger Grilled chicken breast, Longman's smoked cheddar, lettuce, white onion, salsa macha mayo.	13.5
Piri piri chicken burger Buttermilk fried chicken, Longman's smoked cheddar, iceberg lettuce, our piri piri sauce & mayo.	13.5
Fish burger Tempura local fish, quick pickled red onion & cucumber, shredded cabbage, gochujang mayo.	12
Falafel burger Falafel, hummus, English gruyère cheese, lettuce, quick pickled red onion, Swim sauce.	11 v
Vegan burger Sourdough bun, lightly spiced chickpea patty, melted vegan cheese, hummus, shredded cabbage and quick pickled red onion & cucumber.	11 vg

Feeling fancy?

Double any burger	3
Double any vegan burger	2
Add smoked bacon	1.5
Upgrade to truffle fries	1.5
Swim Slaw	3.5 gf
Add extra Swim Sauce	1



RELISH YOUR WEDNESDAY

Burger and a drink for £12* & 2 for £12 cocktails every Wednesday 17.00 till close

*ask staff for details. A pint or 175ml house wine or a soft drink.