

BAY

BAR

DRINKS MENU

@FISTRALBEACHHOTEL

Start the day
with a smile,
and finish it
with cocktails!

BAY BAR

@FISTRALBEACHHOTEL

COCKTAILS



Browse through our award-winning cocktail list, in our relaxed beachside bar.

Our cocktail menu is a carefully crafted list of tipples to suit all tastes and preferences. Each cocktails is accompanied by key ingredients and a handy strength indicator made up of 1 to 5, so you can be confident in your choices!

Or do you prefer to keep it simple? Of course, our knowledgeable bar team can muddle, stir, and shake classic recipes on request.

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- 05. CREATIONS | FRUITY**
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FISTRAL STAPLES

Through testing (and tasting), our handpicked favourites have been re-imagined over the years combining core ingredients and creative flare. Our Fistral Staples still remain the most popular choices on our menu.

Gin & Jam | ●●●○○ **£12**
tarquin's cornish dry gin, tiptree raspberry jam, lemon juice, homemade raspberry syrup

Rose Garden | ●●○○○ **£12**
hendrick's gin, st germain elderflower liqueur, lime juice, homemade rose syrup

Absolut Passion | ●●○○○ **£12**
absolut blue vodka, passoã, passion fruit liqueur, fresh passion fruit, lime juice, homemade raspberry syrup



The Hugo | ●●●○○ **£14**
st germain elderflower liqueur, fresh mint leaves, fresh lime, prosecco, soda

An Italian delight. From the shores of Garda to the snow-capped alps, this outstanding, thirst-quenching classic is a drink for all occasions. St Germain Elderflower Liqueur brought to life with fresh lime, fresh mint leaves and an overly healthy top of Italian prosecco. A crowd-pleaser perfect for recuperating in the lounge whilst watching the sun-soaked waves lapping over the world famous Fistral Beach.

TEAM FAVOURITE

CREATIONS /
FRUITY

Passion Colada | ●○○○○ **£12**
malibu caribbean rum, passion fruit, cream, sugar

Sour Lady | ●●○○○ **£12**
plymouth gin, strawberry, orange liquor, lemon



Lychee Raspberry Mojito | ●●○○○ **£12**
havana especial, lychee, raspberry, mint

Bringing a taste of the Caribbean to Cornwall with a tropical touch, this refreshing, rum-based cocktail combines citrus and tropical flavours with herbaceous mint. This is the choice for an all-day sweet refreshment to be enjoyed whilst lapping up the unforgettable sea views.

TEAM FAVOURITE

CREATIONS /
REFRESHING

Lillet Rosé | ●●○○○ **£14**
lillet rosé aperitif, homemade rose syrup, prosecco, soda

Mr Julep | ●○○○○ **£12**
woodford reserve, coffee liquor, mint



Spicy Watermelon Margarita | ●●●○○ **£12**
olmeca plata tequila, watermelon, chilli, lime, salt air

Combining silver tequila, triple sec, watermelon liqueur and homemade spicy syrup to create a refreshing, sweet yet fiery tippie. A twist on the classic Margarita, this is the perfect pick for elegant Summer sipping.

TEAM FAVOURITE

CREATIONS / PUNCHY

St Jalisco | ●●●●● **£14**
reposado altos, knightor white vermouth, st germain elderflower

This is Manhattan | ●●●●○ **£14**
zacapa 23 year, antica vermouth, fernet branca, smoke



Suitably Fashioned | ●●●●○ **£12**
balvennie 12 year, bitters, orange foam

The orange foam old fashioned is a modern twist on a classic cocktail that combines the rich and smoky flavours of an old fashioned with a luscious and velvety orange foam topping. It's a drink that not only tantalizes your taste buds, but also captives your senses with its striking presentation.

Made by muddling demerara sugar with bitters and whisky. This drink is strong and served cold. Perfect for whisky lovers as a night cap cocktail in our cosy Bay Bar.

TEAM FAVOURITE

CREATIONS /
AFTER DINNER

Vanilla Espresso | ●●●○○ **£12**
absolut vodka, espresso, coffee liquor, vanilla

Zacapa Choc | ●●●○○ **£14**
zacapa 23 year, chocolate bitters, smoke



White Bay | ●●○○○ **£12**
absolut vanilla, baileys, frangelico, espresso, cinnamon

What started life as a wintery monthly special quickly became a firm year-round favourite. A baileys base, homemade vanilla syrup, espresso Cornish coffee and toasted hazelnut liqueur. Perfect for an after-dinner tease, this drink is creamy with a hint of sweet, toasted hazelnut to finish. Irresistible for a lover of the original Baileys Irish Cream.

TEAM FAVOURITE

LOW & NO ALCOHOL COCKTAILS

No-jito | ○○○○○ **£8**
lyre's white cane spirit (0%), fresh lime, apple, fresh mint leaves, soda

Elderflower Spritz | ○○○○○ **£9**
wild life botanicals nude (0.5%), elderflower cordial, fresh mint leaves, fresh lime

Pentire Strawberry Fields | ○○○○○ **£9**
pentire adrift botanical spirit (0%), strawberry purée, wild life botanicals nude (0.5%)

Italian Spritz | ○○○○○ **£9**
lyre's italian spritz (0%), wild life botanicals nude (0.5%), soda



Flower Garden | ○○○○○ **£8**
pentire adrift botanical spirit (0%), elderflower cordial, lime juice, rose syrup

An adaptation of our staple cocktail The Rose Garden, this low alcohol alternative boasts coastal, herbaceous, fresh sweet & floral flavours. This mocktail is a celebration of nature's bounty, combining the vibrant flavours of botanical herbs and zesty citrus fruits to create a harmonious and tantalizing drink.

TEAM FAVOURITE

WINE

WHITE WINE

Coreto White, Lisboa, Portugal

12% vol | 175ml £6.20 | 250ml £9.50

A combination of delicate aromas, delicious fresh apple and grapefruit flavours and a lively finish. Something a bit different from the normal offering and well worth discovering.

Miopasso Pinot Grigio, Sicily, Italy

13% vol | 175ml £8 | 250ml £11.50

Lemony-yellow in colour with brilliant glints. A captivating, fresh and lively taste with hints of acacia honey, pear and ripe apple.

Orchard Lane Sauvignon Blanc, Marlborough, New Zealand

13% vol | 175ml £10 | 250ml £14.50

Packed with ripe tropical aromas, passion fruit and mango. The palate is rich and rounded with crisp hints of citrus fruits.

Knightor Carpe Diem White, Languedoc, South of France

11% vol | 175ml £11 | 250ml £16.50

It is delicate, lively and fresh with aromas of elderflower, nettle and apple. Crisp and clean on the palate with plenty of fruit flavours and a long tangy gooseberry filled finish.

RED WINE

Coreto Red, Lisboa, Portugal

12.5% vol | 175ml £6.20 | 250ml £9.50

Coreto could easily be your favourite daily wine. Medium-bodied, smooth, balanced alcohol and tannins with fresh herbal notes and berry fruit flavours.

La Croix Grenache Merlot, Languedoc, South of France

13.5% vol | 175ml £7.50 | 250ml £10.50

Coming from low yielding fruit, this wine has flavours of red and blackberry fruit, dried herbs as well as a racy acidity. The Merlot adds some softness and roundness in the mid-palate and a ripe juicy finish.

Trueno Malbec, Mendoza, Argentina

13.5% vol | 175ml £10 | 250ml £14.50

Ruby red with notes of raisins, chocolate, coffee, tobacco and caramel. Smooth and well-balanced, purity of red and blackberry fruits and a lingering finish.

Knightor Carpe Diem Red, Cornwall, England

12% vol | 175ml £11 | 250ml £16.50

Aromas of dark fruit, spices and black pepper, the palate is medium-bodied, fruity with gentle oak.

ROSÉ WINE

Falling Petal Zinfandel Rosé, California, USA

11% vol | 175ml £7 | 250ml £10

Falling Petal Zinfandel Rosé conjures up summer in every sip with its delicious flavours of red fruits and peach.

Cuvée Prestige Rosé, Languedoc-Roussillon, South of France

12% vol | 175ml £7.50 | 250ml £10.50

This rosé wine shows a beautiful pale pink colour. Subtle flavours of ripe fruits and dried flowers. Super fresh with a balanced finish.

Whispering Angel, Côtes de Provence, South of France

13.5% vol | 175ml £12.20 | 250ml £17

Pale pink in colour, it has flavours of redcurrant, dried flowers and spices on the nose, with a subtle herbal quality. Dry, with bitter red fruit flavours, it has a firm finish with lingering herbal notes.

SPARKLING WINE

Prosecco Spumante Ca'Bolani, Friuli-Venezia Giulia, Italy

11% vol | 125ml £7.5

Pale straw-yellow and a fine, clear mousse with delicate bubbles. Exuberantly fruity aromatic, with appley notes. Well-balanced and easy-drinking with delicate hints of almond.

CHAMPAGNE

Laurent-Perrier La Cuvée Brut, Champagne, France

12% vol | 125ml £17

In the top rank of Champagne houses, this non-vintage style is light and elegant. Real finesse tops yeasty, fresh bread undertones, taut apple and citrus fruit. Complex, absolute purity.

For the full wine selection including by the bottle, please ask to see our wine menu.

ULTRA-LOW SPARKLING WINE

Wildlife Botanical Nude, Cornwall

0.1% vol | 200ml £6

Nude entices with vivid green hints, followed by a generous perfume evoking seasonal gooseberry, greengage and even young banana. On the dry palate are tickly, delicate Champagne-like bubbles encapsulating the freshness and zing of lime and mango.

BEER & CIDER

DRAUGHT

Carlsberg	£5.20
Poretti	£5.80
Brooklyn	£6.20
Proper Job	£5.20
Healeys Gold	£5.20

BOTTLES | CANS

Local Ales	£5.20
Peroni	£4.80
Corona	£4.80
Budweiser	£4.80
Flavoured Ciders	£6.20
Brooklyn Special Effects (0.5%)	£4
Lucky Saint (0.5%)	£5.80
Guinness Surger Can	£6.20

SPIRITS

VODKA	25ml
Black Cow	£5.20
Absolut	£4.50
Absolut Flavours	£4.50
Belvedere	£6

TEAM FAVOURITE

Black Cow £5.20
Amazingly Black Cow is made entirely from the milk of grass grazed cows and nothing else.

The cow's milk is separated into curds and whey. The curds are used to make cheese whilst the whey is fermented into a beer using a special yeast that converts the milk sugar into alcohol. This milk beer is distilled and treated to a secret blending process. The vodka is then triple filtered and finished, before being hand bottled. A remarkably smooth vodka with a unique creamy character.

RUM	25ml
Ron Zacapa	£8
Kraken	£5.20
Havana Club 3 Yo	£4.50
Havana Club Añejo Especial	£5.20
Havana Club 7 Yo	£6
Lyre's White Cane Spirit (0%)	£4

Ron Zacapa £8
Aged in the 'house above the clouds' located in the cool air of the Guatemala highlands.

The Balance of delicate and unique flavours of Zacapa 23 are derived from a blend of aged rums between 6 and 23 years old, originating from the Solera aging process. Zacapa 23 is aged in specially selected barrels previously housing robust American Whisky, Delicate Sherries and fine Pedro Ximenez wines, creating wonderfully smooth and balanced rum. Best served neat, on the rocks or in our outstanding Zacapa Choc Cocktail.

TEAM FAVOURITE

GIN

25ml

Fistral Gin	£4.50
Hendrick's	£5.20
Plymouth Dry	£4.50
Plymouth Navy	£6
Salcombe	£4.80
Tarquin's Dry	£5.20
Tarquin's Flavoured	£5.20
Tarquin's Seadog	£6
Monkey 47	£6
Pentire Adrift Botanical Spirit (0%)	£4

Fistral Gin £4.50

We collaborated with local artisan distiller Still On The Move and created our very own Fistral Gin here on the grounds using the finest botanicals including Elderflower, Juniper, Angelica, Pink Pepper, Fennel, Orange Peel and Pink Grapefruit.

TEQUILA

25ml

Don Julio 1942	£16.50
Olmecca Atlos Plata	£4.50
Olmecca Atlos Reposado	£4.50
Olmecca Altos Añejo	£5.20

Don Julio 1942 £16.50

A handcrafted tribute to the year that Don Julio Gonzalez began his Tequila making journey. Distilled in their Pot Still Number 6, which produces only 3 barrels per cycle, making Don Julio 1942 a very exclusive spirit indeed.

Aged a minimum of 2.5 years in American white oak barrels, creating a tequila with extraordinary taste, depth and smoothness. Made from hand-selected blue agave harvested from plants aged between six and ten years. A rich caramel and chocolate nose, with a warm oak profile and lasting vanilla finish.

WHISKY

25ml

Scottish Single Malts - Highland

Oban 14	£8.50
Dalwhinnie 15	£5.50

Scottish Single Malts - Island

Talisker 10	£6
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Scottish Single Malts - Islay

Laphroaig 10	£6
Lagavulin 16	£8.50

Scottish Single Malts - Speyside

Balvenie Doublewood 12	£5.50
Balvenie Carribean Cask 14	£8.50
Glenlivet 18	£14

Blended Scottish Whisky

Monkey Shoulder	£5
Chivas Regal 12	£5
Chivas Regal Gold 18	£8.50
Famous Grouse	£5

WHISKY

25ml

Irish

Jameson	£4.50
Tullamore Dew	£5

American

Jack Daniels	£4.50
Jack Daniels Tennessee Honey	£4.50
Woodford Reserve	£5
Bulleit Rye	£5

Japanese

Hakushu 12	£8.50
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Balvenie Carribean Cask 14**£8.50**

A 14-year-old Single Malt matured on traditional oak but finished in Casks previously home to mature Caribbean rum.

To create the ideal finish Malt Master David Stewart, filled American oak casks with his own blend of select West Indian rums. When he judged the casks to be ready, the rum was replaced with the 14-year-old spirit and the wood was put to work adding the final touches.

An exceptional single malt of smooth, honeyed character married with notes of Toffee and fruit. A warm lingering finish.

TEAM FAVOURITE

COGNAC

25ml

Hennessy VS	£5
Hennessy XO	£18
Remy VSOP	£5.50

ARMAGNAC

25ml

Castarede Bas Armagnac	£6.50
Janneau	£5.50

VERMOUTH & APÉRITIFS

50ml

Aperol	£4.50
Campari	£4.50
Koneva Cornish Aperitif	£4.50
Lillet Blanc	£4.50
Knightor Dry Vermouth	£4.50
Knightor White Vermouth	£4.50
Knightor Rosso Vermouth	£4.50
Knightor Rosé Vermouth	£4.50

LIQUEURS

25ml

Baileys	£4.50 (50ml)
Chambord	£4.50
Cointreau	£4.50
Disaronno	£4.50
Jägermeister	£4.50
Kahlúa	£4
Southern Comfort	£4.50
Tia Maria	£4.50

OTHER SPIRITS

25ml

Archers	£4.50
Malibu	£4.50
Pernod	£5.20
Pimm's Cup, Lemonade & Fruit	£6 (50ml)

SOFT & HOT DRINKS

HOT DRINKS

Espresso	£2.25
Americano	£3.25
Cappuccino, Latte, Flat White	£3.50
Hot Chocolate	£3.50
Cornish Tea	£3.50

SOFT DRINKS

Draught Half Pint	£2
Coca Cola, Diet Coca Cola, Coke Zero, Schweppes Lemonade	
Coca Cola Bottle	£3.30
Diet Coca Cola Bottle	£3.10
Coke Zero Bottle	£3.10
J20	£3
Red Bull	£3
Sparkling Apple	£3.40
Elderflower Pressé	£3.40
Ginger Beer (0%)	£3.40
Fever-Tree Mixers	£3
Bottled Water Small	£1.80
Bottled Water Large	£3.50

Trouble deciding?

Ask our expert mixologists
to shake something up for you

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