

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 cocktail 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.

- 03.** FISTRAL STAPLES
- 05.** CREATIONS | FRUITY
- 07.** CREATIONS | REFRESHING
- 09.** CREATIONS | PUNCHY
- 11.** CREATIONS | AFTER DINNER
- 13.** LOW & NO ALCOHOL

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, elderflower, 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 Fistril Beach.

CREATIONS / FRUITY

Passion Colada | ● ○ ○ ○ ○

£12

malibu caribbean rum, passion fruit, cream, sugar

Sour Lady | ● ● ○ ○ ○

£13

plymouth sloe gin, strawberry, orange liquor,
lemon, vegan egg white



Lychee Strawberry Mojito | ● ● ○ ○ ○
havana especial, lychee, strawberry, mint

£12

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.

CREATIONS / REFRESHING

Cuban Cobbler | ●●●○○

£12

discarded banana peel rum, havana rum,
archers, orgeat syrup, lime juice, basil

Oh my Mango! | ●●●○○

£13

connie glaze lemon sherbet vodka liqueur,
apricot, mango, lemon juice, mint



Spicy Watermelon Margarita | ●●●○○

£13

olmeca plata tequila, watermelon, chilli,
orange, lime, salt cloud

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.

CREATIONS / PUNCHY

St Jalisco | ●●●●●

reposado altos tequila, white vermouth,
st. germain elderflower

£14

Suitably Fashioned | ●●●●○

balvennie 12 year whisky, bitters, orange cloud

£13

Cornish Martini | ●●●●●

connie glaze sand filtered vodka or tarquin's
cornish dry gin, knightor dry vermouth.

£12

**Kong Punch** | ●●●●○**£12**

olmeca silver tequila, chambord, coconut milk,
homemade raspberry syrup, lemon

The Kong Punch Cocktail is a delicious combination of Silver Tequila, raspberry liqueur, coconut milk and lemon juice. With an intense and refreshing flavour, this cocktail stands out for being creamy and light at the same time. It's perfect for those looking for a strong yet easy-to-drink drink.

CREATIONS / AFTER DINNER

Mr. Bourbon | ●●●○○

£13

bulleit bourbon whisky, lemon, vegan egg white,
maple syrup, black pepper

White Bay | ●●●○○

£12

baileys, vanilla, frangelico, espresso, cinnamon

**Toki No Kaori** | ●●●●○**£14**

toki japanese whisky, apricot, elderflower,
homemade cucumber syrup

This cocktail combines the smoothness and quality of Japanese whisky with the freshness and sweetness of homemade apricot and cucumber syrup. Each sip will take you on a unique sensory journey, where you can enjoy the characteristic flavours and aromas of Japanese culture. Toki No Kaori means Scent of Time. We would like to bring some Asian flavours into our Coastal Cornish Side.

LOW & NO ALCOHOL COCKTAILS

- | | |
|---|-----|
| Elderflower Spritz ○○○○○○ | £9 |
| wild life botanicals nude (0.5%), elderflower cordial, fresh mint leaves, fresh lime | |
| Tarquin's Strawberry Fields ○○○○○○ | £10 |
| Tarquin's Cornish dry gin non-alcoholic spirit (0%), strawberry purée, wild life botanicals nude (0.5%) | |
| Flower Garden ○○○○○○ | £8 |
| Tarquins Cornish dry non-alcoholic spirit (0%), elderflower cordial, lime juice, rose syrup | |
| Mango No-Jito ○○○○○○ | £8 |
| lyre's white cane spirit 0%, mango, lime, mint, soda | |



Wiki-Wiki | ○○○○○

£9

kiwi, orgeat syrup, apple juice, vegan egg white, lemon

Enjoy a refreshing kiwi mocktail with a touch of orgeat syrup, lemon juice, and apple juice. This delicious non-alcoholic drink combines the sweetness of kiwifruit with the citrus flavour of lemon and the freshness of apple. Feel like you're on a Caribbean Island.



WINE

WHITE WINE

Lago Vinho Verde, Portugal

10% vol | **175ml £7.90 | 250ml £11**

A light effervescence favours the release of tropical and citrus aromas with floral nuances that reflect the green landscape of the region. Great freshness with a vivid acidity results in a very pleasant and versatile wine.

Coreto White, Lisboa, Portugal

12% vol | **175ml £7.40 | 250ml £10.50**

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 £8.90 | 250ml £12.10**

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 £10.70 | 250ml £15.60**

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

RED WINE

Coreto Red, Lisboa, Portugal

12.5% vol | **175ml £7.40 | 250ml £10.50**

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

Augustinos Reserva Merlot, Chile

14.1% vol | **175ml £8.60 | 250ml £11.80**

Dark and ripe, this Merlot has pretty, toasty vanilla scented oak, black cherry, chocolate and plum aromas. Elegant and polished, with mild tannins. Cool balance of fruit and wood.

Trueno Malbec, Mendoza, Argentina

13.5% vol | **175ml £10.70 | 250ml £15.60**

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.

Walt Pinot Noir, Germany

12.5% vol | **175ml £9.90 | 250ml £14**

Elegant, light and fruity with ripe red berries and hints of spice.

ROSÉ WINE

Falling Petal Zinfandel Rosé, California, USA

11% vol | **175ml £8 | 250ml £11**

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

Maison Badet Clément Rosé

12% vol | **175ml £8.60 | 250ml £11.80**

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 £13.50 | 250ml £18.60**

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 £9.10

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

CHAMPAGNE

Laurent-Perrier La Cuvée Brut, Champagne, France

12% vol | 125ml £17.60

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 Botanicals, Cornwall, England

0.5% vol | 125ml £8.30

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	£6.20
Poretti	£6.60
Brooklyn	£7
Proper Job	£6.20
Healeys Gold	£6.20



BOTTLES | CANS

Local Ales	£5.40
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Peroni	£5
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Peroni Gluten Free	£5
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Corona	£5
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Budweiser	£5
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Guinness	£7
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Flavoured Ciders	£6.50
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Corona 0%	£4
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Guinness 0%	£5.50
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SPIRITS

VODKA

25ml

Connie Glaze	£4.50
Black Cow	£5.20
Absolut	£4.50
Absolut Flavours	£4.50
Belvedere	£6

TEAM FAVOURITE

Connie Glaze £4.50

Using British wheat slowly filtered through golden sand from the Camel Estuary and distilled with purified water. Tarquin's Distillery has created a deliciously smooth vodka that captures the essence of the Cornish coastline that inspired Tarquin Leadbetter.

Not only does this taste wonderful but this vodka is created with sustainability in mind. 1% of all sales of this vodka give back to Cornish Beach Guardian for beach cleans in and around Constantine Bay. Their bottles are 100% recycled glass, which we refill and reuse! Their distillery is also powered by 100% wind energy, which means you can enjoy your vodka martini with a clean conscience.

RUM	25ml
Fistral Rum	£4.60
Discarded banana peel	£5
Ron Zacapa	£8.50
Kraken	£5.30
Havana Club 3 Yo	£4.60
Havana Club Añejo Especial	£5.30
Havana Club 7 Yo	£6.20
Lyre's White Cane Spirit (0%)	£4.20

Ron Zacapa £8.50

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	£5
Hendrick's	£5.30
Plymouth Dry	£5
Plymouth Navy	£6
Plymouth Sloe	£4.70
Salcombe	£5
Tarquin's Dry	£5.30
Tarquin's Flavoured	£5.30
Tarquin's Seadog	£6.30
Monkey 47	£6.50
Tarquin's Cornish Dry	£4
Gin Non-Alcoholic Spirit (0%)	

Fistral Gin £5

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

TEQUILA

25ml

Don Julio 1942	£25
Olmeca Atlos Plata	£4.70
Olmeca Atlos Reposado	£4.70
Tequila Rose	£4.50

Don Julio 1942

£25

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.

TEAM FAVOURITE

WHISKY

25ml

Scottish Single Malts - Highland

Oban 14

£9

Dalwhinnie 15

£5.70

Scottish Single Malts - Island

Talisker 10

£6.20

Scottish Single Malts - Islay

Laphroaig 10

£6.40

Lagavulin 16

£9

Scottish Single Malts - Speyside

Balvenie Doublewood 12

£5.80

Balvenie Caribbean Cask 14

£8.70

Glenlivet Founders Reserve

£5.80

Blended Scottish Whisky

Monkey Shoulder

£5.20

Chivas Regal 12

£5.20

Chivas Regal Gold 18

£8.70

Famous Grouse

£5

WHISKY

25ml

Irish

Jameson	£4.60
Tullamore Dew	£5.20

American

Jack Daniels	£4.60
Jack Daniels Tennessee Honey	£4.60
Woodford Reserve	£5.20
Bulleit Bourbon	£5.20

Japanese

Toki Suntory	£6
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Balvenie Caribbean Cask 14**£8.70**

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.

COGNAC

25ml

Hennessy VS

£5.50

Hennessy XO

£20

Remy VSOP

£6

ARMAGNAC

25ml

Castarede Bas Armagnac

£6.50

Janneau

£5.50

VERMOUTH & APÉRITIFS

50ml

Aperol

£5

Campari

£5

Knightor Dry Vermouth

£5

Knightor White Vermouth

£5

Knightor Rosso Vermouth

£5

Knightor Rosé Vermouth

£5

LIQUEURS

25ml

Baileys	£5 (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	£6.50 (50ml)



SOFT & HOT DRINKS

HOT DRINKS

Espresso	£2.50
Americano	£3.30
Cappuccino, Latte, Flat White	£3.80
Hot Chocolate	£3.50
Cornish Tea	£3.50

SOFT DRINKS

Draught Half Pint	£2.10
Coca Cola, Diet Coca Cola, Coke Zero, Schweppes Lemonade	
Coca Cola Bottle	£3.50
Diet Coca Cola Bottle	£3.50
Coke Zero Bottle	£3.50
J20	£3
Red Bull	£3.50
Sparkling Apple	£3.50
Elderflower Pressé	£3.50
Ginger Beer (0%)	£3.50
Fever-Tree Mixers	£3
Bottled Water Small	£2
Bottled Water Large	£3.50



Trouble deciding?

Ask our expert mixologists
to shake something up for you

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