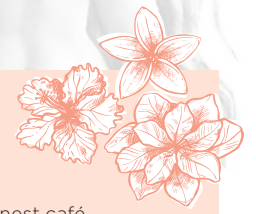


Est. 1958

# VENUS

## TEIGNMOUTH



### WELCOME

Welcome to Venus. We are a family run Devon business with second and third generation family members. We provide authentic homemade food across our menus, buying locally and buying top quality. We aim to be the greenest café. Looking after our immediate environment is critical including all wildlife around us. We focus on home compostable to ensure that any items not put in the bins ending up in the sea or on the beach, aren't left to pollute for years to come. Home compostable means that the product will decompose naturally on a home compost heap leaving no residue or toxins. We don't believe that the environmental answer is transporting rubbish hundreds of miles to energy intensive recycling centres. This seems a nonsense and an inappropriate answer to the environmental challenges we face.

We are proud to have been the first in the UK to adopt fully home compostable palm plates, hot cups and lids, cake wrappers, cling film and cleaning materials. Our search for home compostable continues all the time and we will continue to be early adopters of all new plant-based home compostable packaging.



### PLEASE ORDER AT THE COUNTER FOR ALLERGEN KEY PLEASE SEE BACK PAGE



#### BREAKFAST Served until 11:30

Venus, vegetarian and vegan full breakfasts served with a thick slice of Cornish sourdough toast (WFL, RY), with your choice of Venus Seville marmalade, Devon honey or Cornish strawberry jam

**Items cannot be swapped from a set breakfast but you are welcome to order additional items**

**VENUS FULL BREAKFAST** £12.99  
Two rashers dry cured English back bacon, Devon free range pork sausage, two free range eggs, two hash brown, toast & Heinz baked beans (WFL, SP, EG, BT)

**GLUTEN FREE BREAKFAST** £13.99  
Two rashers of English back bacon, two local free range eggs, one gluten free pork sausage, two hash brown, baked beans and a slice of Knife & Fork fantastic gluten free sourdough with butter (EG, BT, SP)

**VENUS VEGETARIAN BREAKFAST (V)** £12.99  
2 free range Devon eggs, 2 veggie sausages, roasted red peppers, 2 bubble & squeak, scrambled organic tofu & sourdough toast with butter (WFL, SY, BR, EG, BT, WG)

**MAKE IT PLANT BASED (VG)** £12.99  
Heinz baked beans and vegan spread replace the eggs and butter in veg breakfast (WFL, SY, BR, WG)

#### SOURDOUGH TOAST

**2 SLICES OF THICK CUT CORNISH SOURDOUGH TOAST (WFL, RY, BT)** £4.99  
With vegan spread or butter and your choice of thick cut Seville marmalade, Devon honey or Cornish strawberry jam

#### CROISSANT

**ALL BUTTER CROISSANT (WHEAT, MILK, EGG, BUTTER)** £2.99

**CROISSANT WITH BUTTER AND PRESERVES** £4.99

**VEGAN RASPBERRY CROISSANT (WHEAT, SPELT)** £3.85

#### ALL DAY BREAKFAST BURRITO

An all day breakfast wrapped in a warm tortilla (WFB, WG, WFL)

**BREAKFAST BURRITO** 🌶️ £9.99  
English dry cure back bacon, Devon free range egg, English cheddar cheese, hash brown and sriracha sauce (EG, CH)

**PLANT BURRITO (VG)** 🌶️ £9.99  
Scrambled organic tofu with turmeric and smoked sea salt, vegan sausage, hash brown, vegan Cathedral City cheese and sriracha sauce (SY, WH, WG, BR)

#### ALL DAY BAPS

Artisan floured bap (WFL)

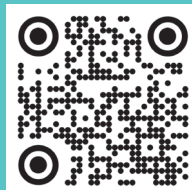
**BACK BACON** £6.99  
Three rashers of dry cure English back bacon

**FREE RANGE SAUSAGES** £7.99  
Two large local free range pork sausages (WH, SP)

**VEGAN SAUSAGES** £7.99  
Three vegan sausages (WH, BR, WG, SY)

**GLUTEN FREE SAUSAGES SANDWICH** £7.99  
Two gluten free pork sausages (SP)

**EGG BAP Served until 11:30** £4.99  
Two free range fried eggs (EG, WFL)




FOR OUR LATEST NEWS, OPENING TIMES AND SUSTAINABILITY INFORMATION.

[LOVINGTHEBEACH.CO.UK](http://LOVINGTHEBEACH.CO.UK)

# LUNCH Served from 11:30

## LOCAL BEEF AND CHICKEN

<b>VENUS STEAK PASTY</b>	<b>£6.99</b>
An innovative twist on the traditional product. This outstanding unique pasty includes local beef, swede, potato, cabbage, carrot, onion, horseradish, pepper & rosemary <i>(WFL, BR, MK, EG, MD)</i>	
<b>WITH FRIES AND MASHED PEAS</b>	<b>£9.99</b>



<b>VENUS DEVON BURGERS</b>	
Served in a toasted Cornish artisan floured bap + A SIDE OF HOMEMADE GARLIC SLAW	
<b>6OZ CHEESE</b>	<b>£9.99</b>
Devon grass fed beef with 2 slices of English cheddar <i>(WFL, CH)</i>	
<b>6OZ BACON &amp; CHEESE</b>	<b>£12.99</b>
Devon grass fed beef with 2 slices of English cheddar and 2 rashers of English back bacon <i>(WFL, CH)</i>	
<b>FREE RANGE CHICKEN</b>	<b>£9.99</b>
Panko fried chicken and mayo <i>(WFL)</i>	
<b>FREE RANGE CHICKEN BACON &amp; CHEESE</b>	<b>£12.99</b>
Panko fried chicken with cheddar cheese, English dry cured back bacon and mayo <i>(WFL, CH)</i>	
<b>NAKED</b>	
Any burger is available sandwiched in lettuce + no bap	

<b>OPEN STEAK SANDWICH</b>	<b>£14.99</b>
Devon minute steak with melted cheddar, Dijon mustard mayo, red onion marmalade and red peppers served on thick sliced Venus sourdough bread <i>(WFL, RY, CH, MD, BR)</i>	

## TACOS

With garlic mayo slaw, Asian salad (carrot, celery, red peppers, red onions and sesame oil) *(SE, SY, CY)* & sriracha mayo in 2 warm flour tortillas *(WFL, WFB, WG)*

<b>CHICKEN</b>	<b>£9.99</b>
Crispy panko English free range chicken	
<b>COCONUT KING PRAWN</b>	<b>£9.99</b>
Large sweet panko and coconut breaded king prawns <i>(CS)</i>	

## SEAFOOD

<b>FISH 'N' FRIES</b>	<b>£13.99</b>
3 tempura battered petit sole fillets (MSC certified sustainable USA) served with homemade tartare sauce, mashed peas, lemon and crispy skin on fries <i>(FH, WFL, SP, SY, MS)</i>	
<b>6 HAWAIIAN COCONUT KING PRAWNS</b>	<b>£9.99</b>
Large sweet panko & coconut breaded king prawns served with a guava mayo. A Venus favourite from Maui <i>(CS, WFL)</i>	
<b>VENUS FISH BURGER</b>	<b>£9.99</b>
2 battered sole fillet (MSC certified sustainable USA) in a floured bap served with homemade tartare sauce and lemon <i>(FH, WFL, MS, SP, SY)</i>	
<b>CALAMARI POPCORN</b>	<b>£10.99</b>
Tender lightly dusted calamari served with lime mayo, homemade slaw & a wedge of lemon <i>(MS, WFL, SY)</i>	
<b>MACKEREL PATE NEW (GF)</b>	<b>£8.99</b>
Severn & Wye smoked mackerel mixed with capers, cream cheese, fresh lemon & fresh horseradish served with lemon on artisan thick sliced sourdough (gluten free also available) <i>(FH, MK, WFL, RY)</i>	

## CRAVING SOME FRIES WITH YOUR LUNCH? ONLY £3

## GLUTEN FREE

Served with the amazing Knife & Fork gluten free farmhouse loaf

<b>GLUTEN FREE SAUSAGE SANDWICH</b>	<b>£7.99</b>
2 gluten free pork sausages <i>(SP)</i>	
<b>BACON</b>	<b>£7.99</b>
3 rashers of English dry cured back bacon <i>(SP)</i>	
<b>MACKEREL PATE (GF)</b>	<b>£9.25</b>
Severn & Wye smoked mackerel mixed with capers, cream cheese, fresh lemon & horseradish served with lemon. <i>(FH, MK, WFL, RY)</i>	
<b>OUR HOME MADE LEMON DRIZZLE AND FIG &amp; WALNUT CAKES ARE GLUTEN FREE. SO IS OUR PLANT BASED SOFT ICE CREAM</b>	

## WRAPS

Served with 2 Farmers crisps and home made garlic slaw

<b>CHICKEN CAESAR</b>	<b>£10.99</b>
Devon free range chicken breast, Venus caesar dressing, English Italian style hard cheese & lettuce <i>(WFL, WG, WH, WFB, MK, FH, SP, SY, MD)</i>	
<b>PRAWN MARIE ROSE</b>	<b>£10.99</b>
4 plump king prawns, classic marie rose sauce (with a hint of spice), lettuce & garlic mayo slaw <i>(WFL, WG, WFB, CS, SY)</i>	
<b>VENUS FALAFEL &amp; HUMMUS (VG)</b>	<b>£9.99</b>
pea & mint Venus falafel and turmeric hummus, Moroccan carrot, vegan mayo, garlic mayo slaw & lettuce <i>(WFL, WG, WFB, SE, SP)</i>	
<b>BANG BANG CHICKEN</b>	<b>£10.99</b>
an Asian inspired Venus chicken wrap. poached English chicken breast in a Venus bang bang sauce made with peanuts, sesame oil, soya sauce, sriracha & lime juice. Served with lettuce, fresh coriander & Asian salad (celery, peppers, carrot, onion). <i>(WFL, WG, WFB, PN, SE, CY, WH, SY)</i>	
<b>PLOUGHMANS WRAP (V)</b>	<b>£9.99</b>
Mature West Country cheddar, jail ale Devon chutney, mayo, spring onion & lettuce <i>(WFL, WG, WFB, MK, MD)</i>	

## PLANT BASED

<b>BRUSCHETTA NEW (VG)(GF)</b>	<b>£8.99</b>
A classic Italian dish of chopped fresh vine tomatoes, sun dried tomatoes, garlic, kalamata black olives and red onion on toasted sourdough bread. <i>(WFL, RY)</i>	
	<b>ADD GREEK FETA (CH) +£3.00</b>
<b>BREAKFAST PLANT BURRITO (VG)</b>	<b>£9.99</b>
Scrambled organic tofu with turmeric and smoked sea salt, vegan sausage, hash brown, vegan Cathedral City cheese and sriracha sauce <i>(SY, WH, BR, WG, WFB, WFL)</i>	
<b>VEGAN SAUSAGE BAP (VG)</b>	<b>£7.99</b>
3 vegan sausages <i>(WH, SY, BR, WG)</i>	
<b>PEA &amp; MINT ARANCINI (VG)</b>	<b>£7.99</b>
Panko breaded and hand made in Venus kitchens. A delicious Sicilian inspired recipe of peas and fresh mint with onion, arborio rice and fresh garlic served with a fresh lime mayo <i>(WH)</i>	

## GLUTEN FREE & PLANT BASED

<b>BRUSCHETTA NEW (VG)(GF)</b>	<b>£8.99</b>
A classic Italian dish of chopped fresh vine tomatoes, sun dried tomatoes, garlic, kalamata black olives and red onion on toasted gluten free sourdough	
<i>The burgers below are served with garlic mayo slaw, iceberg lettuce and mayonnaise on either gluten free bread or a floured bap.</i>	
<b>BLACK BEAN BAP NEW (VG)(GF)</b>	<b>£9.75</b>
A stunning new Venus creation - highly nutritious and tasty. Black beans, red peppers, cumin, garlic, red onion, chilli, flax seed, gluten free flour and black bean & garlic sauce. <i>(SY)</i>	
<b>VENUS TOFU BURGER (VG)(GF)</b>	<b>£9.75</b>
The famous tofu make a return. Same recipe but with gluten free bread and more veg. This amazing burger is full of Devon tofu, red onions, carrots, beetroot, garlic, ginger, toasted seeds, tahini, tamari and a blend of spices. <i>(SY, BR, OT, SE, CY)</i>	

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## ALL DAY BREAKFAST

<b>BREAKFAST BURRITO</b> 🌮	<b>£9.99</b>
English dry cure back bacon, Devon free range egg, English cheddar cheese, hash brown and sriracha sauce <b>(EG, CH, WFL, WG, WFB)</b>	
<b>BACK BACON BAP</b>	<b>£6.99</b>
Three rashers of dry cure English back bacon <b>(WFL)</b>	
<b>FREE RANGE SAUSAGE BAP</b>	<b>£7.99</b>
2 large local free range pork sausages <b>(WH, SP, WFL)</b>	

## SALADS

<b>GREEK SALAD (V)</b>	<b>£12.99</b>
Traditional Greek salad with cucumber, red onions, kalamata black olives and vine tomatoes topped with authentic Greek feta (made from sheep and goats milk) <b>(CH)</b>	
<b>CAESAR SALAD</b>	<b>£12.99</b>
Venus creamy home made caesar dressing with romaine lettuce and grated English parmesan style cheese. <b>(FH, MD, CH, SY)</b> <b>ADD PANKO FRIED CHICKEN +£3.00</b>	
<b>ASIAN SALAD (VG)</b>	<b>£4.99</b>
Carrot, celery, red peppers, red onions with sesame oil dressing <b>(SE, SY, CY)</b>	
<b>WAKAME SALAD (VG)</b>	<b>£4.99</b>
Japanese sesame seaweed salad <b>(SY, WH, SE)</b>	
<b>HOMEMADE GARLIC SLAW (VG)</b>	<b>£3.99</b>
Red & white cabbage, garlic, carrot and vegan mayo	

## SMALLER MEALS

<b>PASTA POMODORO (V, VGO)</b>	<b>£7.99</b>
Penne pasta with Venus pomodoro sauce & grated cheddar cheese <b>(CH)</b> (Vegan cheese available)	
<b>SAUSAGE &amp; FRIES</b>	<b>£8.99</b>
Free range Devon pork (1) <b>(WFL, SP)</b> or vegan (2) <b>(SY, BR)</b> or gluten free (1) <b>(SP)</b>	
<b>FISH N FRIES (MSC CERTIFIED SUSTAINABLE USA)</b>	<b>£9.99</b>
2 tempura battered sole fillet with fries and mashed peas <b>(FH, WFL, MS, SY, SP)</b>	

## FRIES

<b>POT OF FRENCH FRIES (VG/GFO)</b>	<b>£3.99</b>
<b>CHEESY FRIES ENGLISH CHEDDAR (V) (CH)</b>	<b>£5.99</b>
<b>VEGAN CHEESY FRIES</b>	<b>£6.99</b>
<b>MUSHROOM GARLIC CHIPS (WH)</b>	<b>£5.99</b>
Breaded portobello mushroom slices with sriracha mayo	

## HOT DRINKS

### TEA

<b>VENUS ORGANIC SINGLE ESTATE TEA</b>	<b>£2.15</b>
We are donating 5p for every tea sold, to a local charity	
<b>EARL GREY STRONG</b>	<b>£2.80</b>
A blend of powerful Assam, Darjeeling and Rwandan organic black tea with natural bergamot flavour	
<b>PEPPERMINT LEAVES</b>	<b>£2.80</b>
Whole peppermint leaves - fresher and mintier than any other mint tea you've tasted	

### HOT CHOCOLATE

<b>HOT CHOCOLATE (MK)</b>	<b>£3.99</b>
<b>DAIRY FREE HOT CHOCOLATE</b>	<b>£4.25</b>

## THICK MILKSHAKES

ALL £3.99

A smooth creamy hand spun milkshake made with fresh whole milk and double cream **(MK, CR, EG)**

### STRAWBERRY

With Jude's strawberry coulis and strawberry pieces

### CHOCOLATE

With Jude's Belgian chocolate sauce and choc pieces **(SY)**

### BISCOFF BISCUIT

With Lotus Biscoff crushed biscuit spread and crumb **(SY, WFL)**

### VENUS BROWNIE (GF)

With Jude's Belgian chocolate sauce and Venus nut & gluten free brownie **(BT, SY, EG)**

### SALTED CARAMEL

With Jude's salted caramel sauce **(BT)**

## ICED DRINKS

### ICED LATTE COFFEE

Your favourite coffee poured over ice

**£3.95**

### ICED TEA (VG)

A refreshing Venus iced tea sweetened with agave syrup served over ice and lemon

**£3.95**



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RECEIVE SPECIAL OFFERS IN OUR NEWSLETTER  
ASK US FOR A LOYALTY CARD

## COFFEE

Decaffeinated coffee available - made by the Swiss water method. Oat & coconut milk **(SY)** available at NO extra charge

	SINGLE	DOUBLE
<b>ESPRESSO</b>	<b>£2.00</b>	<b>£2.80</b>
<b>FLAT WHITE (8OZ)</b>		<b>£2.99</b>
<b>CAPPUCCINO</b>		<b>£3.59</b>
<b>LATTE</b>		<b>£3.79</b>
<b>AMERICANO</b>		<b>£3.50</b>
<b>MOCHA</b>		<b>£4.50</b>
<b>CORTADO (4OZ)</b>		<b>£2.99</b>
<b>ADD SYRUP</b> vanilla or caramel		<b>£0.65</b>

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## DELICIOUS ICE CREAM

**SOFT SERVE IN A CONE (WH, SY) (VG)** £2.99  
Gluten free cone available

**SCOOP ICE CREAM** + 1 Scoop £2.99  
Kefir chocolate & cherry (MK, EG), Chocolate (VGN), + 2 Scoop £4.99  
Vanilla (VGN)

**JUDE'S ICE CREAM TUBS** £3.99  
Very Vanilla, Mint Choc Chip (VGN), Strawberries & cream,  
Salted Caramel, Black Coconut, Truly Chocolate

## DRINKS

### COLD DRINKS

Please ask us about our range of carbonated drinks

**ROCKS BLACKCURRANT SQUASH** £1.99

**VENUS WATER (still 33cl can)** £2.50

**SPARKLING WATER (33cl can)** £2.50

**SANPELLEGRINO LEMON LIMONATA (33cl can)** £2.99  
Authentic all natural Italian drink with an intense bouquet of  
Sicilian lemons

**SANPELLEGRINO ORANGE ARANCIATA (33cl can)** £2.99  
The original sparkling Italian drink made with oranges from Sicily  
and Calabria - 100% Natural

**BELVOIR ELDERFLOWER LEMONADE (33cl can)** £2.99  
A traditional family recipe blending hand picked elderflowers  
with lemon juice and spring water

**100% PURE APPLE JUICE (20cl)** £3.50  
Made from a variety of English apples and pressed on the farm

**APPLE & STRAWBERRIES (20cl)** £3.99  
Beautiful blend of English apples and fresh strawberries straight  
off the farm

### BEER & CIDER

HALF PINT £3.75  
PINT £6.99

**BAYS DEVON ROCK CRAFT LAGER (4.5% VG)**  
An exceptional award-winning craft lager. Devon Rock is crafted to  
perfection using a unique blend of hops giving a crisp and refreshing  
modern lager, packed full of flavour

**BAYS DEVON COVE PALE ALE (4.1% VG)**  
The ultimate modern pale ale. Devon Cove is crafted to perfection using  
a unique combination of English malts & zingy American hops creating a  
smooth and refreshingly balanced pale ale

**DEVON RED CRISP & FRUITY MEDIUM CIDER (4.5% VG)**  
Devon Red is a naturally tasty and utterly delicious, supreme fresh  
apple cider (SP)

**ASAHI ALCOHOL FREE (0.0% 33cl can)** £4.99

**BOHEMIAN PILSNER (33cl, 4.5% VG)** £5.99  
A classic Czech pilsner style, featuring saaz. A noble hop, pale with a light  
body, background bitterness & gentle floral tones

## WINE BY THE GLASS

187ML £6.75  
250ML £7.99

**WHITE - GRUNER 2022 (12%, organic & VG)**  
A fabulous dry Austrian wine full of peach & green apple layered over  
pepper spice

**ROSE - GRENACHE ROSE 2021 (12.5%, VG)**  
A vibrant dry rose from Pays d'Oc, France. Soft aromas of clementine,  
wild strawberries & butterscotch

**RED - OLD VINE GARNACHA 2020 (14.5%, VG)**  
A beautifully balanced Garnacha from select old vines in Aragon,  
Spain. Smooth & silky with aromas of chocolate coated cherries and  
cassis with vanilla spice

## WINE BY THE BOTTLE

### WHITE

**LONGUE ROCHE SAUVIGNON BLANC/COLUMBARD, FRANCE (11%, VG)** £24.00  
Pears, apples and summery flowers move to a palate that is mid  
weight and dry with a round, honeyed texture. Bright yellow and  
green citrus fruits fill the finish alongside generous ripe pears  
and crunchy apples

**COEUR DU MONT SAUVIGNON BLANC, FRANCE (12.5%, VG)** £29.00  
An explosion on a gooseberry farm that gathers elderflower, lemon  
groves, and a heap of freshly cut grass in its shockwave. Bright, zesty,  
and vibrant this is taut and focussed with bags of citrus and orchard  
fruit characters

**CASA DE ROSSA PINOT GRIGIO, ITALY (12%)** £25.00  
Like a walk through a lemon grove into an orchard. Green apples and  
pears dance softly on the light and delicate palate

**SARTORI PINOT GRIGIO, ITALY (12%, VG)** £28.00  
Fresh almonds and white flowers sit nicely alongside ripe lemon,  
grapefruit and blossom fruit. Light and refreshing

### ROSÉ

**LA VIDAUBANAISE COMTE DE PROVENCE ROSÉ, FRANCE (13%)** £34.00  
Dry & crunchy. Herbaceous red fruits with a hint of salinity, grapefruit and  
pomegranate. The very style that Provence is known and indeed popular  
for producing

**ANCIENS TEMPS ROSÉ, FRANCE (12%, VG)** £22.00  
A light and dry rosé with notes of white flowers, strawberries and  
cranberries. A refreshing acidity keeps things vibrant and energetic

### RED

**LES MOUGEOTTES CABERNET SAUVIGNON IGP, FRANCE (13.5%, VG)** £29.00  
The Languedoc is very much France's new world. Here they produce  
wines with more open fruit, in this case ripe blackcurrants, black plums  
and just a hint of pepper. The modern approach continues into the  
winemaking and this wine shows pure vanilla smoke from the new oak  
barrels used in its production

All prices include VAT where applicable.

Venus reserves the right to change ingredients, prices and choices without notice. We prepare all our food and drinks in our Venus central and café kitchens. We use many ingredients and shared equipment and, whilst we do our best to manage allergens, we cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergens due to the risk of cross contamination.

V- VEGETARIAN | VG - VEGAN | VGO - VEGAN OPTION | GF - GLUTEN FREE | GFO - GLUTEN FREE OPTION

#### ALLERGEN KEY

BARLEY = BR  
BUTTER = BT  
CELERY = CY

CHEESE = CH  
CREAM = CR  
CRUSTACEAN = CS

EGG = EG  
FISH = FH  
MOLLUSCS = MS

MUSTARD = MD  
MILK = MK  
OATS = OT

RYE = RY  
SESAME = SE  
SOYA = SY

PEANUT = PN  
SULPHITES = SP  
WHEAT = WH

WHEAT FIBRE = WFB  
WHEAT FLOUR = WFL  
WHEAT GLUTEN = WG

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