



OVER THE BRIDGE
WEST BAY
NR. BRIDPORT
DORSET

BREAKFAST

Available until 11:30

Brioche French toast, house syrup, bacon or fruit.	8
Steak n' eggs, sauté potatoes.	12
House beans, fried egg, toast. Vegan option available.	7.5 v/vg
Smashed avocado, lime, coriander, salsa macha, 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, sauté potatoes, egg, toast.	10.5 v
Vegan breakfast Roasted mushroom, slow roasted tomato, smashed avocado, sauté potatoes, house beans, scrambled tofu, toast.	10.5 vg
Eggs most ways Fried, poached or scrambled on toast made from today's bread. Vegan option available.	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. Vegan option available.	3.5 v/vg
Pastries & baked goods Freshly baked every morning. Ask a member of staff for today's selection	

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



EVERYDAY THE SUN RISES AND EVERYDAY WE'RE ALL AWARDED TWENTY-FOUR BRAND NEW HOURS. WE ALL GET THE SAME AMOUNT AND WE CAN CHOOSE HOW TO USE THEM, BUT WE SAY THIS, INVEST THEM WELL. YOU DON'T NEED TO SWIM 50 LAPS IN THE POOL BEFORE DAWN, LEARN TO READ 1000 WORDS PER MINUTE OR TIME EACH DAILY TASK TO THE SECOND. SIMPLY FIND WHAT MAKES YOU HAPPY. FAMILY, FRIENDS, MUSIC, GOOD FOOD, OFTEN IT'S THE SIMPLEST THINGS IN OUR LIVES. IT DOESN'T MATTER WHAT IT IS, INVEST YOUR HOURS IN HAPPINESS.

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

FORENOON



AFTERNOON

SIDES

From Noon

Skinny fries	3.5	vg, gf
Sweet potato fries	4.5	vg, gf
Parmesan truffle fries	5	v, gf
Garden salad with tomato, cucumber & house dressing	5	vg, gf
Seasonal greens	4	vg, gf

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

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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.	9.5	vg
Warrior Vermicelli rice noodles, tender stem broccoli, mixed leaf salad, red onion, carrot, coriander, edamame beans, coconut chilli sauce.	9.5	vg

Throw in some extras

Local crab – plain or * with lime & dill mayo	3
Grilled chicken	2.5
* Smoked salmon	3

SANDWICHES

Available noon – 4pm

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

Local crab, plain or with lime & dill mayo.	9
Smoked Severn & Wye salmon, quick pickled red onion & cucumber, chive cottage cheese.	9
Hummus, avocado, carrot, beet, snow pea sprouts & pickled cucumber.	8.5 vg

TOASTED SANDWICHES

Available noon – 4pm

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

Grilled chicken, avocado, Longman's oak smoked cheddar, smoked streaky bacon, mayo.	8.5
Grilled pork belly rashers, caramelised onion, English gruyère, garlic mayo.	8.5
English gruyère, Fetish feta & Longman's oak smoked cheddar, slow roasted tomato, sweet white onion, mayo.	8.5 v
Falafel, hummus, Fetish feta, roasted peppers, garlic mayo. Vegan cheese available.	8.5 v/vg

FRITTATA

Available noon – 4pm

Freshly cooked frittata, seasonal mixed leaves & skinny fries. Ask a member of staff for today's special.	8.5
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Bloody Marys, Sunday papers, fresh coffee & vinyl free-for-all. Relax, refuel and find some inner peace ahead of the coming week.

LIKE RISE? VISIT OUR SISTER RESTAURANT

SWIM
MARINE PARADE
LYME REGIS
WEST DORSET
DT7 3J8

SWIMLYME
WESWIM.CO.UK



OVER THE BRIDGE
WEST BAY
NR. BRIDPORT
DORSET

SMALL PLATES & STARTERS

Available from noon until close

Salt & pepper calamari House sweet chilli.	7.5
Dorset pork coppa & loin Lord of the Hundreds ewe's milk cheese.	10
Crispy hot wings Miso spicy sauce.	7.5
Garlic buttered shell on prawns Today's fresh sourdough.	8.5
Chargrilled broccolini Salsa macha, toasted seeds.	6.5 ^{vg}
Grilled octopus Smoked paprika, salsa macha mayo.	8.5
Asian salmon tartare Sourdough crostini, pickled cucumber.	8.5
Shell on edamame beans Sea salt & chilli flakes.	6 ^{vg}
Nachos Corn tortilla's, avocado, sour cream, Longman's mature cheddar, jalepeños, fresh tomato salsa.	7.5 ^v
Vegan Nachos Corn tortilla's, avocado, hummus, melted vegan cheese, jalepeños, fresh tomato salsa.	7.5 ^{vg}
Parmesan truffle fries	5 ^{v, gf}
Skinny fries	3.5 ^{vg, gf}
Sweet potato fries	4.5 ^{vg, gf}
Trio of sauces Rise sauce, miso spicy mayo, coconut chilli sauce.	2



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BURGERS

Served on 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.	13
Cheese burger British beef patty, American cheese, pickle, Rise sauce.	10
Chicken burger Grilled chicken breast, Longman's smoked cheddar, lettuce, white onion, salsa macha mayo.	12
Piri piri chicken burger Buttermilk fried chicken, Longman's smoked cheddar, iceberg lettuce, our piri piri sauce & mayo.	12
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, Rise sauce.	10 ^v
Vegan burger Sourdough bun, lightly spiced chickpea patty, melted vegan cheese, hummus, shredded cabbage and quick pickled red onion & cucumber.	10 ^{vg}

MEAT

10oz char-grilled sirloin, herb butter, skinny fries.	22 ^{gf}
Panko breaded chicken breast, coconut chilli sauce, skinny fries.	13
Mac n' cheese, smoked streaky bacon, English gruyère, truffle oil.	11.5
Chicken massaman curry, fragrant jasmine rice.	13 ^{gf}
Pressed pork belly, pak choi, tenderstem broccoli, Asian broth, roasted chilli salsa.	12 ^{gf}

VEGETABLE

Fried tofu, aubergine & potato massaman curry, fragrant jasmine rice.	12 ^{vg, gf}
Mac n' cheese, English gruyère, truffle oil.	10 ^v
Char-grilled leeks, calva nero, romesco sauce, walnut praline.	11 ^{vg, gf}

SIDES

Skinny fries	3.5 ^{vg, gf}
Sweet potato fries	4.5 ^{vg, gf}
Parmesan truffle fries	5 ^{v, gf}
Garden salad with tomato, cucumber & house dressing	5 ^{vg, gf}
Seasonal greens	4 ^{vg, gf}

FISH

Beer battered local fish, thick cut chips, crushed peas, tartare sauce. Gluten-free option available.	13 ^{gf}
Local seafood massaman curry, fragrant jasmine 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, melted gruyère cheese.	15
Asian hard fried black bream, fragrant jasmine rice, sweet soy dressing.	18

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THE LONGHORN CUT

Dorset grass fed, Longhorn beef, char-grilled, served with garlic butter & skinny fries.

From rib-eye to rump, shoulder to shin, our cuts change daily.

See our specials board or ask a member staff for more information.

RISE LIVE



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 risecafebar.co.uk

RELISH YOUR WEDNESDAY



BURGER AND A DRINK FOR £10* & 2 FOR £10 COCKTAILS

Every Wednesday from 17:00 till close
*ask staff for details. Half pint or 125ml house wine or a soft drink.