

# LUNCH MENU

SERVED 12-4PM



## STARTERS

KING OLIVES (NGCI/DF)	£5	RED WINE GLAZE CHORIZO (DF)	£10
HOUSE BREAD (DF/VG)		Local cider, hot honey, garlic aioli, sourdough	
Wild garlic, beetroot hummus, dill oil, rocket	£6	GIN CURED SALMON (NGCI)	£11
SOUP OF THE DAY (VG*/NGCI*)		Tonic & watercress gel, compressed	
Bread roll, Cornish butter	£8.50	cucumber, fennel slaw	

## SANDWICHES & WRAPS

Served on ciabatta with crisps and leaves

CIABATTA OF THE DAY (NGCI*)	£12
HAM AND CHEESE (NGCI*)	£10
SMOKED SALMON (NGCI*/DF*)	£12
Cucumber, lemon cream cheese and dill	
SWEET CHILLI CHICKEN WRAP (NGCI*)	£14
Slaw, baby gem	
FALAFEL WRAP (NGCI*/VG)	£11
Slaw, rocket	

## CHILDREN'S SANDWICHES

Served on white or brown bread with crisps £6

HAM SANDWICH (NGCI*/DF)
CHEESE SANDWICH (NGCI*)
JAM SANDWICH (NGCI*/DF)

## MAINS

CORNISH BEEF BURGER (NGCI*/DF*)	£19
Bacon jam, beef tomato, cheese sauce, radicchio, pickled relish, fries	
BEER BATTERED HAKE* (DF)	£20
Tartare sauce, crushed chilli peas, triple cooked chips	
BUTTERNUT & TRUFFLE ORZO PASTA (VG)	£19
Cavolo Nero, vegan cheese	
MANGO & LIME HALLOUMI SALAD (V)	£17
Watercress, pickled red onion, pomegranate, couscous	

## SIDES

GARLIC BREAD (DF/VG)	£6
ROCKET & PARMESAN SALAD (NGCI/VG)	£5
ONION RINGS (DF)	£6
FRIES (DF/NGCI)	£5
CHILLI & GARLIC TENDERSTEM (NGCI/VG)	£5.50

## DESSERTS

CHOCOLATE BROWNIE (NGCI*/VG*)	£9	ICE CREAM AND SORBET SELECTION
Orange & hazelnut dust, blood orange sorbet		One Scoop - £3 Two Scoops - £5 Three Scoops - £6.5
BAKEWELL TART (V)	£8	
Cherry compote, cherry ice cream		

Please advise the team of any intolerances or allergies. Whilst we will advise on dish ingredients, we cannot guarantee against traces or any cross-contamination throughout the kitchen. Some dishes may contain or come into contact with allergens, including nuts. We try to source as much produce as possible from the local area. A discretionary 10% service charge will be applied to your bill.

(V) - Vegetarian, (V\*) - Vegetarian Option Available, (VG) - Vegan, (VG\*) - Vegan Option Available, (NGCI) - Non Gluten Containing Ingredient, (NGCI\*) - Non Gluten Containing Ingredient Option Available, (DF) - Dairy Free, (DF\*) - Dairy Free Option Available



\*We are proud to be supporting The Wave Project, a charity providing mental health services to children and young people through their NHS-prescribed Surf Therapy courses.