

# LUNCH MENU

SERVED 12-4PM

## STARTERS

KING OLIVES (NGCI/DF)	£5	RED WINE GLAZE CHORIZO (DF)	£10
SOURDOUGH (DF/VG)		Local cider, hot honey, garlic aioli, sourdough	
Wild garlic, beetroot hummus, dill oil, rocket	£6	CRISPY COD TACO (NGCI)	£11
SOUP OF THE DAY (VG*/NGCI*)		Cucumber & pineapple salsa, pickled red onion	
Bread roll, Cornish butter	£9		

## SANDWICHES & WRAPS

Served on ciabatta with crisps and leaves

CIABATTA OF THE DAY (NGCI*)	£12
HAM AND CHEESE (NGCI*)	£10
FALAFEL, HUMMUS & SPINACH WRAP (NGCI*) (VG)	£11.50
BBQ CHICKEN WRAP (NGCI*) (DF*)	£14
Cheddar cheese, pickled red onion	
FISH GOUJON WRAP (NGCI*)	£13.50
Tartar sauce, gem lettuce	

## CHILDREN'S SANDWICHES

Served on white or brown bread with crisps £7.50

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

## MAINS

SMASHED BRISKET BURGER (NGCI*)	£19.50	GARLIC & LEMON CHICKEN SCHNITZEL	£22
Chorizo jam - smoked cheese - beef tomato - gem lettuce - pickled slaw - fries		Glaze truffle white sauce - fried egg - rocket & Parmesan salad - fries	
BEER BATTERED FISH (DF)	£20		
Pea purée - tartar sauce - curry sauce - fat chips			
THAI RED CHICKEN CURRY (DF) (NGCI) (VG*)	£19		
Pak choi - baby corn - jasmine rice - pickled ginger			
SUPERFOOD SALAD (VG) (NGCI)			
Pickled slaw - pomegranate - baby spinach - avocado - butternut squash (add halloumi £3.50)	£18		

## 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	
Honeycomb - salted caramel ice cream		One Scoop - £3 Two Scoops - £5 Three Scoops - £6.5	
BAKED CHEESECAKE (NGCI*)	£9		
Ginger crumb - mango - passionfruit sorbet			

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.