

## **lunch 12:00-16:00**

homemade soup, locally baked bread (v+) <i>and butter (v)</i>	5.95
cornish crab sandwich, shredded lettuce, aioli	12.50
roasted red pepper, new potato, mozzarella and basil frittata, red onion jam, leaves (v) (gf)	7.50
harissa glazed carrots, tenderstem broccoli, quinoa, red pepper hummus, nut dukkah (v+) (gf)	8.95
crispy duck, asian salad, sweet hoisin dressing, grilled plums	11.25
grilled chorizo burger, cornish gouda, red pepper relish, aioli, lettuce	9.35
local mackerel on toast, yellow lentil curry, charred onion salad, mint dressing	11.25
zatar spiced mushrooms, tahini, potato and parsnip latke, chickpea crumb (v+) (gf)	9.25
cornish mussels, white wine, garlic, onions, parsley, cream, locally baked bread	12.50
local hake, sorrel and potato salad, grilled asparagus, potted chilli crab (gf)	13.95

## **tapas 12:00 - late**

marinated olives (v+) (gf)	3.30
roasted almonds and cashews (v+) (gf)	3.30
locally baked bread, confit garlic, olive oil (v+)	3.50
rosemary seasalt chips, aioli (v) (gf)	3.75
broccoli, sweet miso, sesame, soy peanuts (v+)	3.75
padron peppers, sumac salt (v+) (gf)	4.00
grilled halloumi, kale, ginger, yuza , puffed rice, furikake (v) (gf)	6.95
pea, blue cheese and jalapeno arancini, chive mascarpone (v)	5.00
chickpea dahl, spiced pumpkin, yoghurt, almonds, coriander (v) (gf)	5.50
twice cooked beetroot, marinated goats cheese, smoked tomato pesto, pinenuts, red chard (v) (gf)	6.75
green falafel, butterbean and chilli dip, watercress, pickled onion (v+) (gf)	5.25
seared king prawns, chilli, ginger, lemongrass, lime (gf)	7.50
crispy fried squid, lemon pepper, aioli	7.25
mackerel pate, pickled carrots, anchovy butter, foccaccia	6.25
grilled sea bream, romesco, braised fennel, hazelnut aioli (gf)	8.50
cornish sardines, black olive tapenade, grilled lemon, parsley (gf)	5.95
crispy fried sea bass, pineapple, chilli caramel, asian salad	9.95
korean pulled pork bao bun, sweet and sour sauce, pickled cucumber, black sesame seeds	8.25
spiced lamb koftas, tzatziki, fired pitta, fattoush	6.50
buttermilk chicken schnitzel, grilled baby gem, chimichurri	6.75
serrano ham, heritage tomatoes, marinated feta, fig vincotto, lambs leaf (gf)	7.25

**if you have an allergy, please refer to the back of the menu and inform your waitress/waiter before ordering.**

(v) = vegetarian

(v+) = vegan

(gf) = gluten free