

LIGHTER LUNCH

GRILLED MACKEREL ON TOAST £12.50 mackerel fillet on toasted sourdough, served with rocket & homemade aioli

GAMBAS KING PRAWNS £13.50

king prawns sautéed in garlic & chilli, served with a sourdough roll

WILD MUSHROOMS ON TOAST £12.00 served on toasted sourdough with a poached egg & homemade chive butter sauce V

FALAFELS £12.00 chickpea & sweet potato falafels served with pickled red onion, toasted hazelnuts, roasted red pepper, hummus and rocket V/Ve

BUDDHA BOWL

£14.50

quinoa, red cabbage, shaved carrots, toasted seeds, edamane beans, roasted sweet potato, hummus and tahini dip V / Ve

ADD CAJUN CHICKEN	£4.50
ADD HALLOUMI / FALAFELS	£4.50
ADD GRILLED MACKEREL	£5.50
ADD SMOKED SALMON	£6.00

SANDWICHES

all served on malted or white bloomer with a salad garnish and coleslaw

CHEESE & RED ONION CHUTNEY V £11.50
HAM & PICCALILLI £11.50
PRAWNS £14.00

prawns in marie rose sauce and baby gem lettuce

BLT £12.50

cornish farmhouse back bacon, tomato and baby gem lettuce

HLT V £13.00 grilled halloumi, tomato and baby gem lettuce

PLOUGHMANS

PLOUGHMANS £16.50

YOUR CHOICE OF 2 OF THE BELOW

served with a mixed leaf salad, coleslaw, gherkins, pickled onions, caramelised red onion chutney & a sourdough roll

DAVIDSTOW CHEDDAR

CORNISH BRIE CORNISH BLUE

CORNISH FARMHOUSE HAM

gluten free bread roll is also available

NIBBLES AND SIDES

FRIES	£5.50	SOURDOUGH & OILS	£5.50
CAJUN FRIES	£6.00	warm sourdough bread served warm with bal vinegar and cold pressed rapeseed oil	samic
CHEESY FRIES	£7.00	Add Hummus f	or £2.50
CHEESY CAJUN FRIES	£7.50	MARINATED OLIVES	£4.50
PARMESAN & TRUFFLE FRIES	£7.50	a mixture of green & black olives V	
GARLIC BREAD	£5.50	SIDE SALAD	£5.50
CHEESY GARLIC BREAD	£6.50	mixed leaves, cucumber, onion, peppers & tom with grain mustard dressing V / Ve	

all our fryers and batter are Gluten Free please ask your server for allergen information



MAINS

FISH & CHIPS

£16.50

haddock in a light batter served with fries, peas & homemade tartare sauce NG

VEGAN FISH & CHIPS

£16.50

banana blossom in a homemade seaweed batter served with fries, peas & homemade tartare sauce NG/Ve

HAM, EGG & CHIPS

£15.50

Cornish Farmhouse ham, served with fried egg, fries and piccalilli NG

SAUSAGE & MASH

£15.50

£15.50

sausages with creamy mash, served with

peas and gravy

NG

VEGGIE SAUSAGES veggie sausages with creamy mash, served

with peas & gravy

NG/V

CREAMY PRAWN LINGUINE

£18.50

linguine pasta served with king prawns in a creamy shallot, garlic, white wine and chilli sauce

RED LINGUINE

£15.50

linguine pasta served with tomato, red peppers, red onion, artichoke hearts in a sun blushed tomato & hazelnut vegan pesto

MAC & CHEESE

£15.00

macaroni pasta in a homemade cheese sauce, topped with breadcrumbs, chives & parmesan

add cornish ham

£2.00

add chorizo

£2.00

BURGERS

BEEF BURGER

£16.00

beef burger in an Electric Bakery challah bun, with baby gem lettuce, gherkin, relish and tomato, served with fries & coleslaw

BUTTERFLIED CHICKEN BURGER

£16.00

seasoned chicken breast in an Electric Bakery challah bun with baby gem lettuce, gherkin, relish and tomato, served with fries & coleslaw MUSHROOM & HALLOUMI

£15.50

garlic butter mushroom with halloumi, roasted peppers and relish, served in an Electric Bakery challah bun, with fries & coleslaw

gluten free bun is also available

KIDS & OAPS ONLY

£12.00

£12.00

£11.00

£12.00

BURGER TOPPINGS ONLY

add bacon (2 slices) - £2.50

add cheese - £1.50

add onion rings - £2.50

FISH & CHIPS

HAM, EGG & CHIPS

SAUSAGE & MASH

MAC & CHEESE

TACOS

2 soft shell tacos served with shredded lettuce,

pickled red onion, pickled red cabbage and tomato

SPICED CAJUN CHICKEN

£14.50

with guacamole

£14.5U

MACKEREL

£14.50

tempura battered mackerel with chipotle mayo

BBQ PULLED JACKFRUIT

£13.50

with smoked cheddar

all our fryers and batter are gluten free

WHILE WE STRIVE TO MAINTAIN A CLEAN AND SAFE ENVIRONMENT - PLEASE BE AWARE THAT WE DO NOT OPERATE IN AN ALLERGEN FREE FACILITY. CROSS CONTAMINATION WITH ALLERGENS IS POSSIBLE. IF YOU HAVE SEVER ALLERGIES, WE RECOMEND TAKING NECESSARY PRECAUTIONS

please ask your server for allergen information
V = Suitable for Vegetarians - Ve = Suitable for Vegans - NG = Non Gluten