



lunch

served between
12:00pm & 3:00pm

Sandwiches

Choose from fresh local granary bread, toasted in Italian pocket bread, or gluten free bread (toasted or fresh)



West country free range chicken, caramelised onions & crispy Cornish bacon in mayo	£7.00
Scilly free range egg mayonnaise with crispy Cornish bacon bits (or sun-blushed tomatoes)	£5.50
Coronation Chickpea: curried chickpeas & pickles in smashed avocado, with spinach v	£5.50
Homemade Hummus & feta with tomato, red onion & mixed leaves vo	£5.50
Avocado with sweetcorn, tomato, red onion, chilli, lime, mint & coriander v	£6.00
Cornish ham & Cornish cheddar with tomato, spinach, red onion & garlic mayonnaise	£6.50
Salami, homemade pesto, buffalo mozzarella & vine tomato (veggie option without salami)	£6.50 (€5.50)

Meals

Sharing platters

NEW!! Grub Bowl GF V	£9.00	Cured Meat Antipasti Board GFO	£10.00
Big bowl of goodness filled with mixed salad, quinoa salad, avocado, sun-blushed tomatoes, hummus, falafel & mixed olives		Italian salami & prosciutto, mozzarella, olives, sunblush tomatoes, carciofi, gherkins, mixed salad & ciabatta	
Greek Salad GF VO	£7.50	Cornish Cheese Antipasti Board GFO	£10.00
Mixed salad bowl topped with feta cheese and Kalamata olives dressed with fresh lemon, Greek herbs & olive oil		St. Endellion brie, Cornish Blue & Cornish cheddar, olives sunblush tomatoes, carciofi, tzatziki, salad & ciabatta	
Avocado, Beetroot & Halloumi Salad GF VO	£8.00	Vegan Feast GF V	£21.00 NEW!!
Mixed salad bowl with avocado, roasted beetroot, sun-blushed tomatoes & halloumi with a sweet chilli dressing finished with fresh herbs and toasted seeds		Falafel balls, hummus, mixed salad, quinoa salad, pitta, dolmaçes, olives	
Pork Souvlaki GFO	£9.00	Greek Sunshine GFO	£18.00 NEW!!
Greek marinated Cornish pork skewer served in pitta bread with salad & homemade tzatziki		Olives, tzatziki, halloumi, dolmaçes, pitta, Greek lentil salad	
Falafel GFO V	£8.00	Mediterranean Mezze GFO	£22.00 NEW!!
Lebanese chickpea balls served in flatbread with hummus, salad, tahini sauce & chilli sauce		Spanish tortilla, montadito de prosciutto, carciofi, sweet chilli peppers with cheese, babaganoush, insalata caprese	
		Salad Board V GF	£18.00 NEW!!
		Colourful quinoa salad, mixed bean salad, babaganoush, avocado, mixed salad, olives, sunblush tomatoes	

Homemade Burgers

Vegetarian "Fish Finger" Roll GFO VO	£7.50
Breaded halloumi fingers with lettuce and mayonnaise in a soft roll	
Hugh's Fish Fight MackBap	£9.00
Deep-fried local mackerel fillets served in a soft roll with homemade tartar sauce	
Homemade Beef Burger GFO	£8.00
Cornish beef burger with Cornish brie, tomato, red onion, lettuce & garlic mayonnaise	
Moroccan spiced Bean Burger GFO V	£7.50
Vegan burger with hummus, onion relish, tomato sauce and salad	
Butternut Squash Burger GFO VO	£7.50
Spiced squash and butterbean burger with red onion marmalade, goats cheese, coriander, lettuce & mayonnaise	



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Tapas

Para Picar

Mixed Olives GF V	whole Kalamata and green stuffed with pimento, garlic & chilli	£3.00
Almendras con Pimentón GF V	roasted almonds with Spanish smoked paprika	£3.00
Herb Roasted Nuts & Seeds GF V	roasted with rosemary & olive oil & salt	£3.00
Maiz frito GF V	Spanish fried, salted corn	£2.50
Breadsticks V GFO	piquitos from award winning family baker in Malaga	£2.00
Ciabatta GFO V	warm bread served with dukkah spice dip and olive oil	£2.90
Pitta Bread GFO V	Greek pitta bread warmed on the grill	£2.50
Hummus GF V	middle eastern chickpea dip flavoured with garlic and lemon	£2.50
Babaganoush GF V	East Mediterranean roast aubergine dip	£2.90
Tzatziki GF	Greek yogurt dip with cucumber and mint	£2.50
Cornish Gouda GF	diced Cornish full-flavoured cheese	£3.50
Dolmaçes GF V	vine leaves stuffed with flavoured rice	£2.50
Carciofi GF V	artichokes hearts marinated in lemon & garlic	£2.90
Sweet Chilli Peppers with Cheese GF	mild peppers stuffed with soft cheese	£3.50
Banderilles GF	skewered pimento olives wrapped in anchovy	£2.50
Manchego & Membrillo GF	Spanish hard cheese with quince paste	£3.50

Ensalada

Salad Bowl GF V	mixed salad dressed with light vinaigrette	£3.00
Tomato & Feta Salad GF	vine tomatoes, feta, fresh basil & balsamic dressing	£3.90
Insalata Caprese GF	Italian buffalo mozzarella, vine tomato, fresh basil & olive oil	£4.50
Greek Lentil Salad GF V	puy lentils & borlotti beans in onion & herb dressing	£3.50
NEW!! Colourful Quinoa Salad GF V	quinoa, chickpeas & bright salad ingredients	£3.50
NEW!! Mixed Bean Salad GF V	cannellini, borlotti, kidney & green beans with fresh dressing	£3.50

Montaditos

Boquerones GFO	fresh marinated anchovy fillets on toasted ciabatta	£4.20
Prosciutto GFO	Italian cured ham on toasted ciabatta with garlic & tomato	£4.50
Fresh Tomato GFO V	seasoned tomato & basil on toasted ciabatta with garlic	£4.50

Calientes

Pan-fried Halloumi GF	Cypriot cheese cooked in olive oil	£4.00
Mushroom with Goats Cheese GF	grilled flat mushroom with garlic & cheese	£4.50
Spanish Tortilla GF	potato & onion cooked with local eggs	£4.50
NEW!! Stuffed Tortilla GF	Spanish tortilla filled with <i>manchego</i> , <i>prosciutto</i> or <i>anchovy</i>	£5.50
Falafel balls GF V	Lebanese chickpea cakes dressed with tahini sauce & chilli sauce	£4.50
Veggie 'fish fingers' GF V	pan-fried breaded halloumi sticks	£4.50
Potato Wedges GF V VO	with chilli relish v or garlic mayo vo	£4.20

GF = made with no gluten containing ingredients

GFO = can be made without gluten containing ingredients

V = vegan

VO = Adaptable for Vegan Option