



lunch

served between
12:00pm & 2:30pm

Sharing platters

Greek Sunshine	£29.00
La Verde olives, tzatziki, saganaki, dolmaçes, pitta, Greek lentil salad, pea & feta salad GFO	
Pinchos	£29.00
Spanish tortilla, jamon serrano, banderilles, gouda, piquillo peppers, almendras con pimentón, piquitos camperos GFO	
Mediterranean Mezze	£29.00
Falafel balls, babaganoush, dolmaçes, kasbah olives, Persian quinoa salad, moor-slaw, pitta bread GFO V	
D&G Antipasti Board	
Italian salami, jamon serrano, Cornish brie, Cornish gouda, buffalo mozzarella, d&g mix olives, sunblush tomatoes, tzatziki, gherkins, mixed leaves & ciabatta GFO	small £15.00 large £30.00

Meals

Grub Bowl	£13.00
Mixed salad with quinoa salad, avocado, sunblush tomatoes, hummus, spiced chickpeas, falafel & mixed olives GF V	
Greek Salad	£10.00
Mixed salad bowl topped with feta cheese and kalamata olives dressed with fresh lemon, Greek herbs & extra virgin olive oil GF VO DF	
Avocado, Beetroot & Halloumi Salad	£12.00
Mixed salad bowl with avocado, roasted beetroot, sunblush tomatoes, halloumi, fresh herbs, toasted seeds & a sweet chilli dressing GF	
Pork Souvlaki	£15.00
Greek marinated Cornish pork skewer served in pitta bread with salad & homemade tzatziki GFO	
Falafel Wrap	£13.00
Lebanese flatbread stuffed with falafel, hummus, salad, moor-slaw, tahini sauce & chilli sauce GFO V	
Mushroom Shawarma	£13.00
A vegan version of the classic Middle Eastern street food; spiced mushrooms in a pitta bread with salad & tahini sauce GFO V	
Spiced Lamb Wrap	£14.00
Lebanese spiced lamb mince on an open flatbread with hummus, lemon & coriander yoghurt, spring onion, rocket & harissa dressing	

Ciabatta Toasts

Smashed Butternut Squash & Feta	£10.00
Roast squash topped with feta cheese, spring onion, red chilli & coriander GFO VO DF	
Halloumi & Avocado	£10.00
Pan fried halloumi slices with avocado, tomato salad and rocket GFO	

Sandwiches

Choose from filled ciabatta or toasted panini, or gluten free bread (toasted or fresh)	
Westcountry chicken, caramelised onions & crispy Cornish bacon in mayonnaise GF	£8.50
Scilly free range egg mayonnaise with crispy Cornish bacon (or sun-blushed tomatoes) GF DF	£8.00
NEW! Piquillo pepper, kalamata olive, vegan feta, babaganoush & rocket GF V	£8.00



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Tapas

Para Picar

D&G Mix Olives GF V	chilli & garlic marinated pitted kalamata and green olives	£3.00
La Verde Organic Olives GF V	organic pitted green olives with wild garlic and basil	£3.50
Kasbah Organic Olives GF V	kalamata and green olives marinated in the flavours of the Levant	£4.00
Almendras con Pimentón GF V	roasted almonds with Spanish smoked paprika	£4.00
Herb Roasted Nuts & Seeds GF V	roasted with rosemary & olive oil & salt	£4.00
Majiz frito GF V	Spanish fried, salted corn	£2.50
Piquitos Camperos GFO V	breadsticks from award winning family baker in Malaga	£2.50
Ciabatta GFO V	warm bread served with olive oil	£3.00
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	£3.00
Babaganoush GF V	East Mediterranean roast aubergine dip	£3.50
Tzatziki GF	Greek yogurt dip with cucumber and mint	£3.50
NEW! Labneh GF	strained yoghurt topped with harissa marinated peppers & olives	£4.00
Dolmaçes GF V	vine leaves stuffed with flavoured rice	£3.50
Banderilles GF DF	skewered pimento olives wrapped in anchovy	£3.00
Cornish Gouda GF	diced mature cheese seasoned with celery salt	£4.00

Ensalada

Moor-slaw GF V	Moorish inspired coleslaw dressed with lemon & sumac	£4.50
Tomato Salad GF V	Mixed tomatoes, red onion, olives & mint in a pomegranate dressing	£4.50
Pea & Feta Salad GF VO DF	with pea shoots, mint and lemon dressing	£5.00
Insalata Caprese GF DF	Italian buffalo mozzarella, vine tomato, fresh basil & olive oil	£5.00
Greek Lentil Salad GF V	puy lentils & borlotti beans in onion & herb dressing	£4.50
Persian Quinoa Salad GF V	herbed quinoa jewelled with pomegranate & pistachio	£4.50
NEW! Lebanese Chickpea Salad GF V	with tomatoes, parsley, dukkah, lemon & garlic	£4.50
Piquillo Peppers GF V	peppers marinated with garlic, sherry vinegar & parsley	£4.50

Calientes

Saganaki GF	Cypriot halloumi cheese pan-fried in olive oil	£7.00
Spanish Tortilla GF DF	potato & onion cooked with local eggs	£8.00
Stuffed Tortilla GF DF	Choose <i>manchego</i> , <i>jamon serrano</i> , <i>anchovy</i> or <i>piquillo pepper</i>	£8.50
Falafel balls GF V	middle eastern spiced chickpea balls with tahini sauce & zhoug	£7.50
Potato Wedges GF V	served with chilli relish GF V or garlic mayo GF VO DF	£5.50

GF = made with no gluten containing ingredients
GFO = can be made without gluten containing ingredients
V = vegan
VO = Adaptable for Vegan Option
DF = dairy free