



# lunch

served between  
12:00pm & 3:00pm

## Sharing platters

Greek Sunshine	£23.00
La Verde olives, tzatziki, saganaki, dolmades, pitta, Greek lentil salad, pea & feta salad <b>GFO</b>	
Pinchos	£25.00
Spanish tortilla, montadito de jamon, banderilles, gouda, piquillo peppers, manchego & membrillo, piquitos camperos <b>GFO</b>	
Mediterranean Mezze	£24.00
Falafel balls, babaganoush, dolmades, kasbah olives, Mediterranean potato salad, moor-slaw, pitta bread <b>GF V</b>	
Summer Salad Board	£21.00
d&g mix olives, colourful quinoa salad, mixed bean salad, pea hummus, carciofi, Mediterranean potato salad <b>V GF</b>	
Cured Meat Antipasti Board	small £11.00 large £22.00
Italian salami & jamon serrano, mozzarella, olives, sunblush tomatoes, carciofi, gherkins, mixed salad & ciabatta <b>GFO</b>	
Cornish Cheese Antipasti Board	small £11.00 large £22.00
St. Endellion brie, Cornish Blue & Cornish cheddar, olives, sunblush tomatoes, carciofi, tzatziki, salad & ciabatta <b>GFO</b>	

## Meals

Grub Bowl	£9.50
Mixed salad with quinoa salad, avocado, sunblush tomatoes, hummus, roasted chickpeas, falafel & mixed olives <b>GF V</b>	
Greek Salad	£8.00
Mixed salad bowl topped with feta cheese and kalamata olives dressed with fresh lemon, Greek herbs & olive oil <b>GF VO</b>	
Avocado, Beetroot & Halloumi Salad	£8.50
Mixed salad bowl with avocado, roasted beetroot, sunblush tomatoes, fried halloumi, fresh herbs, seeds & a sweet chilli dressing <b>GF VO</b>	
<b>NEW!</b> Rainbow Salad	£9.50
Sunblush tomatoes, roast sweet potato, yellow pepper, green beans, red cabbage & roast beetroot <b>GF V</b>	
Pork Souvlaki	£10.00
Greek marinated Cornish pork skewer served in pitta bread with salad & homemade tzatziki <b>GFO</b>	
Falafel Wrap	£9.00
Lebanese flatbread stuffed with falafel, hummus, salad, moor-slaw, tahini sauce & chilli sauce <b>GFO V</b>	
<b>NEW!</b> Mushroom Shawarma	£9.00
A vegan version of the classic Middle Eastern street food; spiced mushrooms in a pitta bread with salad & tahini sauce <b>GFO V</b>	

## Sandwiches

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

Westcountry chicken, caramelised onions & crispy Cornish bacon in mayo <b>GF</b>	£7.50
Scilly free range egg mayonnaise with crispy Cornish bacon (or sun-blushed tomatoes) <b>GF</b>	£6.50
Mushroom, spinach, red onion, chilli cheese and garlic mayonnaise <b>V GF</b>	£6.50

## Homemade Burgers

Homemade Beef Burger	£9.00
Cornish beef burger with Cornish brie, tomato, red onion, lettuce & garlic mayonnaise <b>GFO</b>	
<b>NEW!</b> Moroccan Aubergine & Halloumi Burger	£8.00
Pan fried aubergine and halloumi slices with hummus, red pepper & harissa relish and rocket <b>GFO VO</b>	
Spiced Sweet Potato Burger	£8.00
Spiced veggie patty topped with red onion marmalade, goats cheese, coriander, lettuce & mayo <b>GFO VO</b>	

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



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## Tapas

### Para Picar

D&G Mix Olives <b>GF V</b>	chilli & garlic marinated pitted kalamata and green olives	£3.00
La Verde Organic Olives <b>GF V</b>	organic pitted green olives with wild garlic and basil	£3.50
Kasbah Organic Olives <b>GF V</b>	kalamata and green olives marinated in the flavours of the Levant	£3.50
Almendras con Pimentón <b>GF V</b>	roasted almonds with Spanish smoked paprika	£3.00
Herb Roasted Nuts & Seeds <b>GF V</b>	roasted with rosemary & olive oil & salt	£3.50
Maiz frito <b>GF V</b>	Spanish fried, salted corn	£2.50
Piquitos Camperos <b>GFO V</b>	breadsticks from award winning family baker in Malaga	£2.50
Ciabatta <b>GFO V</b>	warm bread served with olive oil	£3.00
Pitta Bread <b>GFO V</b>	Greek pitta bread warmed on the grill	£2.50
Hummus <b>GF V</b>	middle eastern chickpea dip flavoured with garlic and lemon	£2.50
Babaganoush <b>GF V</b>	East Mediterranean roast aubergine dip	£2.90
Tzatziki <b>GF</b>	Greek yogurt dip with cucumber and mint	£2.50
Pea Hummus <b>GF V</b>	hummus style dip with green peas and mint	£2.50
Dolmaçes <b>GF V</b>	vine leaves stuffed with flavoured rice	£3.00
Sweet Chilli Peppers with Cheese <b>GF</b>	mild peppers filled with soft cheese	£3.00
Banderilles <b>GF</b>	skewered pimento olives wrapped in anchovy	£3.00
Manchego & Membrillo <b>GF</b>	Spanish hard cheese with quince paste	£3.50
Cornish Gouda <b>GF</b>	diced mature cheese seasoned with celery salt	£3.50

### Ensalada

Moor-slaw <b>GF V</b>	Moorish inspired coleslaw dressed with lemon & sumac	£4.00
<b>NEW!</b> Mediterranean Potato Salad <b>GF V</b>	with onions, capers, fresh herbs and a Dijon vinaigrette	£4.00
<b>NEW!</b> Salata <b>GF V</b>	classic & simple Mediterranean tomato & cucumber salad	£3.50
<b>NEW!</b> Pea & Feta Salad <b>GF VO</b>	with rocket, mint and lemon dressing	£4.00
Insalata Caprese <b>GF</b>	Italian buffalo mozzarella, vine tomato, fresh basil & olive oil	£4.50
Greek Lentil Salad <b>GF V</b>	puy lentils & borlotti beans in onion & herb dressing	£4.00
Colourful Quinoa Salad <b>GF V</b>	quinoa, chickpeas & bright salad ingredients	£4.00
Mixed Bean Salad <b>GF V</b>	cannellini, borlotti, kidney & green beans with fresh dressing	£4.00
Carciofi <b>GF V</b>	artichokes hearts marinated in lemon & garlic	£3.50
Piquillo Peppers <b>GF V</b>	peppers marinated with garlic, sherry vinegar & parsley	£3.50

### Montaditos

Montadito de Boquerones <b>GFO</b>	marinated anchovy fillets on toasted ciabatta	£4.50
Montadito de Jamon <b>GFO</b>	Serrano ham on toasted ciabatta with garlic, tomato & olive oil	£4.50
Bruschetta al Pomodoro <b>GFO V</b>	tomato & basil on toasted ciabatta with garlic & olive oil	£4.50
<b>NEW!</b> Montadito de queso <b>GFO</b>	Cornish goats cheese, sun-blush tomatoes & balsamic reduction	£4.50

### Calientes

Saganaki <b>GF VO</b>	Cypriot halloumi cheese pan-fried in olive oil	£4.00
Spanish Tortilla <b>GF</b>	potato & onion cooked with local eggs	£4.50
<b>NEW!</b> Stuffed Tortilla <b>GF</b>	Spanish tortilla filled with <i>manchego</i> , <i>jamon serrano</i> , <i>anchovy</i> or <i>red pepper</i>	£5.50
Falafel balls <b>GF V</b>	Lebanese chickpea cakes dressed with tahini sauce & chilli sauce	£4.50
Potato Wedges <b>GF V VO</b>	with chilli relish <b>v</b> or garlic mayo <b>vo</b>	£4.50