



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

Meals

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

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 GF	£7.50
Scilly free range egg mayonnaise with crispy Cornish bacon (or sun-blushed tomatoes) GF	£6.50
Mushroom, spinach, red onion, chilli cheese and garlic mayonnaise V GF	£6.50

Homemade Burgers

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

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 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	£3.50
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	£3.50
Maiz 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	£2.50
Babaganoush GF V	East Mediterranean roast aubergine dip	£2.90
Tzatziki GF	Greek yogurt dip with cucumber and mint	£2.50
Pea Hummus GF V	hummus style dip with green peas and mint	£2.50
Dolmaçes GF V	vine leaves stuffed with flavoured rice	£3.00
Sweet Chilli Peppers with Cheese GF	mild peppers filled with soft cheese	£3.00
Banderilles GF	skewered pimento olives wrapped in anchovy	£3.00
Manchego & Membrillo GF	Spanish hard cheese with quince paste	£3.50
Cornish Gouda GF	diced mature cheese seasoned with celery salt	£3.50

Ensalada

Moor-slaw GF V	Moorish inspired coleslaw dressed with lemon & sumac	£4.00
NEW! Mediterranean Potato Salad GF V	with onions, capers, fresh herbs and a Dijon vinaigrette	£4.00
NEW! Salata GF V	classic & simple Mediterranean tomato & cucumber salad	£3.50
NEW! Pea & Feta Salad GF VO	with rocket, mint and lemon dressing	£4.00
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	£4.00
Colourful Quinoa Salad GF V	quinoa, chickpeas & bright salad ingredients	£4.00
Mixed Bean Salad GF V	cannellini, borlotti, kidney & green beans with fresh dressing	£4.00
Carciofi GF V	artichokes hearts marinated in lemon & garlic	£3.50
Piquillo Peppers GF V	peppers marinated with garlic, sherry vinegar & parsley	£3.50

Montaditos

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

Calientes

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