

Lunch Menu 12-3p

Soup of the Day/ Da Bara sourdough (v)

Have you a furry friend?
Don't let them feel left
out! Order a cold
sausage for them, cut up
& served on a paper
plate! **£1.25 per**



Local fish & shellfish soup / saffron potatoes / toasted Da Bara sourdough <i>Try with a glass of Picpoul de pinet- great with fish!</i>	£11.50 £5.35 175ml
Breads /duo of hummus / olives / oils (vegan)	£7.50
Cornish Camembert / Da Bara toast / onion jam	£7.50
Lamb kofta Flatbread / caraway flatbread / cous cous salad / tzatziki <i>Try with a glass of Prieto Picudo Roble – great with lamb!</i>	£12 £5.05 175ml
Falafel Flatbread / caraway flatbread / cous cous salad / tzatziki (v/vegan with hummus)	£10.50
MB Goan curry / jasmine rice / poppadom	
Chicken	£13
Seafood	£15
vegetable (vegan)	£11.50
<i>Try with a glass of Gewurztraminer – great with curry's!</i>	£5.85 175ml
Cornish steak burger / melted Cornish jack cheese / home-made bacon jam / chips	£12.50
Falafel burger / tzatziki / pickled cucumber / chips (v)	£11
Local mussels / French style OR Goan style / chips / breads	£14
Sandwiches & Salads	
Chicken open sandwich / lemon mayonnaise / crispy Parma ham / chips / leaves	£12
Home-made fish finger sandwich / chunky tartare / dressed leaves	£8.50 +
chips £3	
BBQ pulled pork bap / red cabbage / apple slaw	£9 +
chips £3	
Grilled bruschetta / heritage tomatoes / mozzarella / basil pesto (v)	£7.50
MB super salad / roasted veg / cous cous / avocado / toasted seeds / dressing (vegan)	£10.00
	+ Chicken
	£3.50
Mini muddy's	
Cheese omelette	£5
Beef burger and chips	£6
Fish goujons, chips & home-made ketchup	£6.50
Hummus with vegetable crudités (vegan)	£4.50
Sweets	
Bread and Butter pudding / vanilla ice cream	£6
Muddy mess / mixed berries / meringue / vanilla cream	£6
Selection of homemade ice creams and sorbet	£2 a scoop
Homemade Chocolate Brownie /chocolate sauce/vanilla ice cream	£6

Please place your order at the
bar