

## Small Plates

Soup of the Day/ Da Bara sourdough ( <i>vegan</i> )	£6
Breads / flavoured hummus / olives / oils ( <i>vegan</i> )	£8
Cornish Camembert / Da Bara toast / onion jam ( <i>v</i> )	£8



# Lunch Menu

12-3pm

[www.muddybeach.com](http://www.muddybeach.com)

Before you take a look at our menu, make sure you have one of our mini clip-boards that have our delicious specials on!

## Main Course

Beef Bourguignon /mushrooms/Cornish steak/ herby pomme puree/seasonal veg	£13.50
Tagine /aubergine/ chickpeas/ apricot/ rice ( <i>vegan</i> )	£11
MB Goan curry / jasmine rice / poppadum	
Chicken	£13
Seafood	£15
Vegetable ( <i>vegan</i> )	£11.50
Cornish steak burger / melted mature cheddar cheese/ home-made bacon jam / chips	£12.50
Five bean burger / coriander and lime yogurt/ tomato relish / chips ( <i>v</i> )	£12
Local mussels / French style OR Goan style / chips / breads	£14
Local Catch of the Day / please see today's specials	Market price
MB super salad / Warm roasted squash / smashed avocado / pumpkin seeds / chargrilled Aubergine / mixed beans /leaves ( <i>vegan</i> )	£10.00

Add sliced chicken or breaded fish goujons to your salad for £3.50

## Sandwiches

Chicken open sandwich / tomato compote / rocket / toasted ciabatta / leaves	£9
Home-made fish finger sandwich / chunky tartare / dressed leaves/	£9
Chargrilled Halloumi open sandwich /aubergine/ rocket/ toasted ciabatta /tomato compote/leaves ( <i>v</i> )	£8
Smoked Salmon/ dill & lemon cream cheese/crispy capers/rocket/toasted Rye	£9

## Mini Muddy's / kids

Fish goujons, chips & home-made ketchup	£6.50
Primrose herd sausage/ creamy mash / peas or Heinz baked beans	£6
Butternut squash, spinach and plum tomato lasagna and leaves ( <i>v</i> )	£6

Have a small appetite? Anyone can have our Mini Muddy's - we aren't worried whether you're 6 or 60!

## Sides

Chips / truffle oil chips	£3 / £3.50
MB side salad	£3
New potatoes / seasonal veg	£3

## Sweets

Bakewell cheesecake / almond crumb / cherry sorbet	£6
Apple and blackberry cinnamon crumble / vanilla ice cream	£6
Chocolate brownie sundae / toffee sauce/ Chantilly cream	£6

Ready to eat? Please pop up to the bar to place your order