



Lunch Menu

12pm-3pm

Starters / little plates

- Soup of the day / Da Bara bread (vegan) £6
Small cup of soup / cheesy toast w/ onion marmalade (v) £6
Bread selection / flavoured hummus / olives / oils (vegan) £8
Baked Camembert / red onion jam / Da Bara toast (v) £8
Brunch omelette / mushroom / cheddar / salad (v) £8.50
Shakshuka / baked eggs / spiced tomato / red pepper / Da Bara toast (v) £8

Mains

- Muddy Cornish burger / bacon jam / melted cheddar / Da Bara Brioche / chips £12.50
Roast Hake fillet / olive oil mash / tenderstem broccoli / white wine & shellfish sauce £16
Creamy bacon & seafood chowder / prawns & mussels / Da Bara bread £14
Smoked haddock fish cakes / spinach / poached egg / mustard beurre blanc £13
West country game ragu / pangritata / tagliatelle pasta £14
Roasted seasonal squash risotto / saffron / broad beans / rocket / £12 (vegan)
MB super salad / a selection of seasonal vegetables w/ salad (vegan) £10 + Falafel balls (vegan) £3.50
+ Chicken & lemon mayo £3.50

Curries - served with sticky jasmine rice, poppadum & a lime wedge

Muddy Beach's famous curries- made from scratch, our Goan style sauce is flavorsome & smooth and isn't hot!

- Chicken £13
Seafood £15
Vegetable (vegan) £11.50



Sandwiches - served in a Da Bara Ciabatta sub

- Fish finger sandwich / tartar sauce / leaves £9
Falafel / hummus / avocado / sweet chilli sauce / leaves (vegan) £8
Chicken breast / tarragon & lemon mayo / baby gem lettuce £9
Chips £3
Warm seared steak / mushroom / spinach / Cornish blue £11

+

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 / leaves / garlic bread (v) £6

Fancy pudding? Ask us what we have!

Please place your order at our bar