



## Lunch Menu 12-3

### Little plates

- Soup Of The Day**/Da Bara Bread (*v, Vegan If Requested*) 6  
**Home Made Fish Cake**/Smoked Haddock/Pea Ketchup/St Ewe Poached Egg 8  
**Da Bara Breads**/Flavored Hummus/Olives/Oils (*v, Vegan If Requested*) 8  
**Baked Camembert**/Slow Cooked Red Onion Jam/Toast (*v*) 8  
**St Austell Bay Mussels**/Smoky Bacon & Creamy Cider Sauce OR Goan Style 8

### Sandwiches

- Fish Finger Sandwich**/Crispy Gem Lettuce/Tartare Sauce 11  
**Chicken Bruschetta**/Char-grilled Chicken/Roast Med Veg/Spiced Mayo 11  
**Health Food Wrap**/Falafel/Sweet Potato/Vegan Coleslaw/  
Beetroot/Hummus/Lettuce/Green Salsa (*Vegan*) 9.50  
**Goats Cheese Bruschetta**/Grilled Goats Cheese/Baked Local  
Squash/Candied Beetroots/Rocket (*v*) 11

### Mains

- Seafood Chowder**/Cod/Clams/Prawns/Mussels/Bacon/Pangritata 16  
**St Austell Bay Mussels**/Smokey Bacon/Creamy Cider or Goan Style/  
Bread/Chips 15  
**Honey Glazed Primrose Herd Ham**/Piccalilli/St Ewe Poached Eggs/  
Chunky Chips/Salad 12.50  
**Goan Curry**/Sticky Rice/Poppadum/Chicken 14 Seafood 16 Veg 12.50  
**Home-Pressed 7oz Steak Burger**/Streaky Maple Bacon/Homemade  
Gherkins/Grilled Cheese/Dijon Mayo/Salad/Home Made Ketchup/  
Rustic Chips 12.50  
**Healthy Salad Bowl**/Falafel/Sweet Potato/Vegan Coleslaw/Beetroot  
/Hummus/Lettuce/Green Salsa/Med Veg/Roast Squash/Seeds (*vegan*) 13  
**Risotto Verde**/Peas/Spinach/Broad Beans/Crumbled Goats Cheese/  
Rocket (*v*) 13

### Kids

- Fish Goujons**/Chips/Peas Or Beans 7  
**Honey Glazed Ham**/Chips/Fried St Ewe Egg/Peas Or Beans 7  
**Falafel Bites**/Broccoli/Chips/Dips (*vegan*) 6.50

### Sides

- Chips 3 +Cheese70p Truffle Oil Chips 3.50 Salad 3 Cornish Pots 3

**Food allergies & intolerances** -The kitchen cooks with all listed allergens so we cannot guarantee that there has not been any cross-contamination.

Please talk with a member of staff before ordering.