



Lunch 12pm-3pm

Soft Da Bara ciabatta rolls:

each roll served with gem lettuce, sliced tomato and a selection of today's salad mezze.

Newlyn Crab - Local crab with hints of fennel, spring onion, orange and a touch of light mayo **£12.50** + Chips **£3**

Fish Finger - Breaded fish goujons with home-made tartar sauce **£11** + Chips **£3**

Ploughman's – Home-roasted honey glazed Primrose Herd ham, apple chutney, cheddar cheese, pickled onions and mustard mayo **£9** (**£8** without the ham and cheese (v))

Chicken Caesar - Crispy bacon, Chicken, Romaine lettuce and creamy Caesar dressing **£9**

Salad Brunch Bowl

Sweet chili slaw, Lizard leaves, pulses, hummus, quinoa, beetroot, seeds **£10** (vegan)

Extras:

Jumbo Cornish Crab cake **£4**

Chicken Caesar **£3**

Fish goujons x 2 **£4**

Falafel balls x 3 **£2** (vegan)

Mini Muddy's

(kids)

Fish fingers, chips and
peas **£6**

Ham, egg and chips **£6**

Sides (all £3)

- Chips (v) + cheese (v)
- Truffle Chips (v)
- Garlic Bread (v)
- Slaw (vegan)
- Mezze Salad (v)

Pan roasted catch of the day **£17**

Lemon and Parsley crust, Hassle-back potatoes, tender -stem broccoli and white wine sauce

Muddy Beach Burger **£12.50**

Cornish steak burger, melted cheese, bacon, ciabatta roll, mustard mayonnaise & chips

Muddy Beach Goan Curry

Creamy lightly spiced sauce of coconut, ginger, chili, garlic, dates and coriander served with sticky rice and poppadom

Seafood - White fish chunks, tiger Prawns, St Austell mussels and vegetables **£17**

Chicken - With vegetables and pulses **£15**

Vegan - Sweet potato, vegetables and pulses **£12.50**

We have carried out an allergen risk assessment and the results indicate due to cross contamination issues we cannot guarantee there are no traces of all known allergens. Please speak to us with any concerns.