



LUNCH Menu

12:15 - 3PM

 Instagram :Muddy_Beach

 Facebook: MuddyBeachPenryn

- Muddy Beach salad; lettuce, cucumber, fennel, spring onion, chick-peas, toasted seeds, super food sprouts, tomato, feta & dill dressing (can be vegan with house dressing) choose from:
Rosemary roasted chicken OR fried halloumi (v) OR courgette & chickpea fritters (vv) OR St Ives smoked salmon £14.95
- Brunch Taco, MB spiced beans, fried St Ewe eggs, smashed avocado & coriander £11 (v, v v no egg)
- Cured Meats with House pickles, bread and caper berries £7.95
- Open sandwich of St Ives smoked salmon, herby cream cheese, tomato, cucumber & rocket £9.50 *Add fries £3.50*
- Battered lemon-sole, French fries, chunky tartar sauce £15.95 (*great with a glass of Picpoul white wine*)
- Cornish Steak burger, double cheese, our burger sauce, pickles & French fries £13.95
- Veggie bean burger, double cheese, burger sauce, pickles & French fries £13.95 (v)
- Singapore Curry noodles with pork belly, monk fish, squid & prawns, coriander & lime £17.95

Sides

- French fries £3.50 (vv)
- Green Salad and House vinaigrette £3.95 (vv)
- Tomato, shallot & caper salad £3.95 (vv)

Pudding

- Exploding Bakery Passionfruit baked Cheese cake with vanilla ice cream £6.95
- Cornish Vanilla ice-cream with chocolate sauce £1.50 *a scoop*

KIDS:

- FISH & CHIPS £6.95
- TOMATO & CHEESE PASTA (V) £5.50

WINE:

- PINOT GRIGIO 175ML £4.80
- NZ SAUV 175ML £6.10
- PICPOUL 175ML £6.10
- WHITE RIOJA 175ML £6.50
- MERLOT 175ML £4.80
- RED ZINF 175ML £5
- SAUV BLUSH 175ML £4.80
- PROVENCE ROSE 175ML £6.70

BEER:

- VERDANT LIGHTBULB £6.50
- VERDANT HEADBAND £6.50
- KOREV £4.95
- DOOM BAR £4.95

SOFT:

- PASSIONFRUIT LEMONADE £3.50
- COKE/DIET £2.75
- GINGER BEER £3