



Lunch Menu  
Monday to Saturday

Nibbles & Light Bites

Mixed Marinated Olives <sup>VG GF DF</sup>

£ 3.50

Artisan Bread <sup>VG GF\* DF</sup>

Olive Oil, Balsamic, Hummus & Moroccan Spices

£4.95

Soup of the Day <sup>V GF\*</sup>

Warm Sour Dough

£5.50

Salt & Pepper Squid

Sweet Chilli Sauce

£6.95

Seafood Chowder <sup>GF\*</sup>

Crusty Local Bread

£7.95

Potted Ham Hock <sup>GF\* DF</sup>

Piccalilli & Artisan Bread

£6.95

Fresh Newlyn Crab Cakes

Chilli Mayonnaise, Mixed Leaves

£8.25

Sides

Sweet potato fries £3.50 <sup>VG</sup> Mixed leaf salad £3.25 <sup>GFVG</sup> Mixed vegetables £3.25 <sup>GFVG V</sup>

Garlic bread £3.25 / with melted cheddar cheese £4.25 <sup>GF\* V</sup> Skin on Chips £2.75 <sup>V</sup>

Cheesy Chips £3.75 <sup>V</sup> New potatoes £2.75 <sup>GFVG</sup>

***Our kitchen uses allergenic ingredients. We do not have a specific allergen free zone or dedicated fryers.***

*Please speak to your waiter if you have any dietary requirements.*

*All dishes on this menu are subject to ingredients availability. GF - Gluten Free, GF\* - Can Be Gluten Free With Modifications, V - Vegetarian, VG - Vegan VG\* - Can Be Vegan with Modifications - DF - Dairy Free- DF\* - Can be Dairy Free with Modifications*



## Larger Plates

### Moules Marinière <sup>GF\*</sup>

White Wine Sauce, Skin on Fries

£11.95

### Cutty Burger <sup>GF\* DF\*</sup>

Higher Trenowin Farm 6oz Beef Burger, Lightly Toasted Sour Dough Bun,  
Bacon, Cheese, Spicy Relish, Mustard Mayonnaise, Mixed Leaves,  
Skin on Fries, Onion Rings

£11.95

### Halloumi Burger <sup>GF\*V VG\*</sup>

Crispy Fried Halloumi, Lightly Toasted Sour Dough Bun,  
Creamy Garlic Mushrooms, Spicy Relish, Mixed Leaves,  
Skin on Fries, Onion Rings

£12.50

### Cornish Doom Bar Beer Battered Fish

Skin on Fries, Mushy Peas, Tartare Sauce

£12.95

### Ham, Egg & Chips <sup>GF\* DF</sup>

Roast Ham, Skin on Fries

£9.95

### Cherry Tomato, Rocket & Cornish Gouda Tart <sup>V</sup>

Chutney, Mixed Salad & New Potatoes

£11.95

### Olive & Sundried Tomato Linguini <sup>VG V DF</sup>

Chargrilled Artichoke

£10.95

## Sides

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Garlic bread £3.25 / with melted cheddar cheese £4.25 <sup>GF\* V</sup>    Skin on Chips £2.75 <sup>V</sup>

Cheesy Chips £3.75 <sup>V</sup>    New potatoes £2.75 <sup>GF</sup>

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## Salads & Sandwiches

### Chicken Caesar Salad <sup>GF\* DF\*</sup>

Little Gem, Cherry Tomatoes, Grilled Chicken, Parmesan,  
Caesar Dressing, Crusty Local Bread

£9.95

### Fresh Newlyn Crab Salad <sup>GF\* DF\*</sup>

White & Brown Crab Meat, Mixed Leaves, Semi Dried Cherry Tomatoes,  
Cucumber, Roquito Peppers, Pumpkin Seeds, Crusty Local Bread

£12.95

### Chargrilled Vegetable & Falafel Salad <sup>GF\* VG DF</sup>

Mixed Leaves, Semi Dried Cherry Tomatoes, Cucumber,  
Roquito Peppers, Pumpkin Seeds, Crusty Local Bread

£8.95

### Traditional Ploughman's Lunch <sup>GF\*</sup>

Artisan breads, Roast Ham, Cornish Cheddar, Piccalilli,  
Mixed Leaves, Pickled Onion, Coleslaw, Apple,  
Grapes, Celery, House Chutney

£9.95

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### Cornish Gouda & Tomato Sandwich

Coleslaw, House Chutney <sup>GF\* V</sup>

£6.95

### Fresh Newlyn Crab Sandwich

Chilli Mayonnaise <sup>GF\*</sup>

£9.95

### Chicken, Bacon & Cheese Sandwich

Coleslaw, House Chutney <sup>GF\*</sup>

£7.95

### Chargrilled Vegetable & Haloumi Sandwich

Coleslaw, House Chutney <sup>GF\* V</sup>

£6.95

All our sandwiches are served with root vegetable crisps.

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