



Lunch Menu
Monday to Saturday

Nibbles & Light Bites

Mixed Marinated Olives ^{VG GF DF}
£ 3.50

Artisan Bread ^{VG GF* DF}
Olive Oil, Balsamic, Hummus
£4.95

Grilled Goats Cheese ^{V GF*}
Mixed leaves, Onion Marmalade,
Artisan Bread
£6.95

Soup of the Day ^{V GF*}
Artisan Bread
£5.50

Home Made Salt & Pepper Squid ^{GF}
Sweet Chilli Sauce
£6.95

Cornish Seafood Chowder ^{GF*}
Crusty Local Bread
£7.95 or as a main £11.95

Fresh Newlyn Crab Cakes ^{GF}
Chilli Mayonnaise, Mixed Leaves
£8.25

Sides

Sweet potato fries £3.50 ^{VG GF} Mixed leaf salad £3.25 ^{GF VG} Mixed vegetables £3.25 ^{GF VG V}

Garlic bread £3.25 / with melted cheddar cheese £4.25 ^{GF* V} Skin on Chips £2.75 ^{GF VG}

Cheesy Chips £3.75 ^{GF VG} New potatoes £2.75 ^{GF VG} Homemade Onion Rings £3.25 ^{GF VG}

Our kitchen uses allergenic ingredients. We do not have a specific allergen free zone.

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 ^{GF}

Falmouth Mussels, White Wine Sauce, Skin on Fries

£11.95

Cutty Burger ^{GF DF*}

Higher Trenowin Farm 6oz Beef Burger, Lightly Toasted Focaccia Bun,
Bacon, Cheese, Homemade Relish, Mixed Leaves,
Skin on Fries, Homemade Onion Rings

£11.95

Halloumi Burger ^{GF V VG*}

Crispy Fried Halloumi, Lightly Toasted Focaccia Bun,
Garlic Field Mushroom, Homemade Relish, Mixed Leaves,
Skin on Fries, Home Made Onion Rings
(Vegan option available with crushed Falafel)

£12.50

Driftwood Spars Beer Battered Fish ^{GF}

Skin on Fries, Garden Peas, Homemade Tartare Sauce

£12.95

Ham, Egg & Chips ^{GF DF}

Home Roasted Ham, Skin on Fries

£9.95

Duo of Homemade Tarts ^{V GF}

Gouda, Tomato, Chutney Tart & Goats Cheese, Spinach, Sweet Red Onion Tart
Mixed Salad & New Potatoes

£12.95

Chargrilled Vegetable Penne ^{VG GF}

Penne Pasta, Aubergine, Squash, Courgette,
Tomato Sauce

£11.95

Add Chicken for £2.00

Sides

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Salads & Sandwiches

Chicken & Bacon Salad ^{GF* DF*}

Mixed Leaves, Cherry Tomatoes, Roquito Peppers, Cucumber,
Red Onions, Pumpkin Seeds, Grilled Chicken, Bacon, Balsamic Dressing, Artisan Bread
£10.95

Fresh Newlyn Crab Salad ^{GF* DF*}

White & Brown Crab Meat, Mixed Leaves, Cherry Tomatoes,
Cucumber, Red Onions, Roquito Peppers, Pumpkin Seeds, Crusty Local Bread
£12.95

Superfood Salad ^{VG GF DF}

Mixed Leaves, Lentils, Quinoa, Chick Peas, Peppers, Cherry Tomatoes,
Pumpkin Seeds, Chia Seeds, Sunflower Seeds,
Blueberries, Goji Berries, Mint & Lemon Dressing
£10.95

Add Halloumi for £1.95 Add Butternut Squash for £1.25

Traditional Ploughman's Lunch ^{GF*}

Artisan breads, Home Roasted Ham, Cornish Cheddar, Piccalilli,
Mixed Leaves, Pickled Onion, Coleslaw, Apple,
Grapes, Celery, House Chutney
£11.50

Cornish Cheese & Tomato Sandwich

Coleslaw, Salad Garnish, ^{GF* V}
£6.95

Fresh Newlyn Crab Sandwich

White & Brown Crab Meat, Coleslaw,
Salad Garnish ^{GF*}
£9.95

Bacon, Brie & Red Onion Marmalade Sandwich

Coleslaw, Salad Garnish ^{V GF*}
£7.95

Chargrilled Vegetable & Haloumi Sandwich

Coleslaw, Salad Garnish ^{V GF*}
£6.95

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