

## STARTERS & SMALL PLATES

<b>SOUP OF THE DAY</b> (V*/GF*/VG*) Served with sea salt and rosemary focaccia	<b>£8</b>
<b>MARINATED OLIVES</b> (VG/V/GF) Cornish marinated Kalamata olives in citrus zest	<b>£4.5</b>
<b>SOURDOUGH OR SEA SALT &amp; ROSEMARY FOCACCIA</b> (DF/V/VG) Served with olive oil and balsamic vinegar	<b>£6</b>
<b>PEA HAM HOCK TERRINE</b> (GF*/DF*) Piccalilli, gherkin, sunblushed tomato and caper salad, oregano and sunblush crostini	<b>£9</b>
<b>WILD MUSHROOM AND MOZZARELLA ARANCINI</b> (VG/V/GF*) Red pepper aioli	<b>£8</b>
<b>SALT AND PEPPER SQUID OR CHICKEN</b> (DF) Asian salad, kimchi mayo	<b>£9</b>

## MAIN PLATES

<b>8OZ SIRLOIN STEAK</b> (GF*) with roasted cherry vine tomatoes, flat mushroom, beer battered onion rings, café de Paris butter, fries <b>Choice of:</b> Peppercorn sauce or chimichurri (£7.50pp supplement for inclusive diners)	<b>£28</b>
<b>CORNISH BEER BATTERED FISH</b> (DF) Fries, pea purée, tartar sauce, lemon and Cornish sea salt <i>(We donate £1 from every dish sold to The Wave Project!*)</i>	<b>£18.5</b>
<b>CHICKPEA CAULIFLOWER AND SWEET POTATO CURRY</b> (VG/V/GF) Mango chutney, saffron rice, poppadom and kachumber <b>Add:</b> Curried tempura fish (DF) £4 Chargrilled chicken (DF) £4	<b>£17</b>
<b>CARBONARA</b> Chicken, pancetta, chestnut mushrooms, parmesan, garlic ciabatta	<b>£19</b>
<b>PLANT BASED CARBONARA</b> (VG/V) Soy marinated sun blushed tomato, chestnut mushrooms, parmesan, garlic ciabatta	<b>£17</b>

ASK YOUR SERVER FOR OUR SEASONAL SPECIALS

## MEZZE BOWLS

<b>Flat bread, kalamata olives, sunblush tomato, carrot &amp; beetroot salad, olive oil, balsamic vinegar</b> (VG/DF/GF*)	<b>£24</b>
<b>CHARCUTERIE</b> (GF) Ham hock, chorizo, yarg, Cornish blue and tomato chutney	<b>£24</b>
<b>UNDER THE SEA</b> (GF) Chilli & garlic prawns, mackerel parfait, smoked salmon	<b>£24</b>
<b>PLANT BASED</b> (N/VG/V) Sriracha cauliflower, tofu, tenderstem broccoli, hummus, candied walnuts	<b>£19</b>

## BURGERS

All burgers served with fries

<b>6oz ANGUS</b> (GF*/DF*) Brioche bun, mature cheddar, streaky bacon, burger sauce and slaw	<b>£16.5</b>
<b>CAJUN CHICKEN BREAST</b> (GF*/DF*) Brioche bun, BBQ Sauce, mozzarella and slaw	<b>£16.5</b>
<b>SPICY BEAN</b> (VG*/V) Brioche bun, avocado, chilli jam and slaw	<b>£15.5</b>

## SIDES

<b>STEAMED VEGETABLES</b> (VG/GF/V)	<b>£4.50</b>	<b>SWEET POTATO FRIES</b> (GF*/VG/V)	<b>£6</b>
<b>ONION RINGS</b> (VG/V)	<b>£6</b>	<b>SPICED POTATO WEDGES</b>	<b>£4.50</b>
<b>GARLIC BREAD</b> (GF*)	<b>£4.50</b>	<b>MIXED LEAVES, SUN BLUSH TOMATO AND PARMESAN SALAD WITH FRENCH DRESSING</b> (VG*/GF*/V)	<b>£4.50</b>
<b>CHEESY GARLIC BREAD</b>	<b>£5</b>		
<b>FRIES</b> (VG/V/GF*)	<b>£4</b>		

## DESSERTS & CHEESE

<b>PINA COLADA</b> (V/VG) Roasted rum pineapple, coconut ice cream, coconut cream, passionfruit and raspberry	<b>£8</b>	<b>CHEESECAKE OF THE DAY</b> Mascarpone cheesecake with blueberry compote	<b>£8</b>
<b>STICKY TOFFEE PUDDING</b> Sea salt caramel sauce, vanilla ice cream or clotted cream	<b>£9</b>	<b>CORNISH CHEESE BOARD</b> (GF*/V*/VG*) Brie, garlic yarg, Cornish blue, celery, grapes, Tribute chutney, biscuits	<b>£12</b>
<b>CHOCOLATE FONDANT</b> Toffee sauce, orange sorbet or clotted cream	<b>£9</b>		

<b>CALLESTICK FARM ICE CREAM AND SORBET</b> 3 scoops of either: Belgium Chocolate Clotted Cream Vanilla (VG*) Coconut (VG) Salted Caramel Strawberry Blood orange sorbet (VG) Lemon sorbet (VG)
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### ADD A TOPPING

Brownie pieces  
Honeycomb crunch  
Mini marshmallows  
Chocolate sauce  
Toffee sauce  
**£1 each**

One Scoop - **£3** Two Scoops - **£5** Three Scoops - **£6.5**

Please advise the team of any intolerances or allergies. Whilst we will advise on dish ingredients, we cannot guarantee against traces or any cross contamination throughout the kitchen. We try and source as much produce as possible from the local area. Vegan desserts available, please ask your server.

A discretionary 10% service charge will be applied to your bill.

(V) - Vegetarian (VG) - Vegan (GF) - Gluten Free (DF\*) - Dairy Free Option Available (VG\*) - Vegan Option Available (GF\*) - Gluten Free Option Available