

LUNCH MENU

SOUP

**Roasted Butternut Squash,
Coconut & Miso | 9**

Toasted Sourdough & Butter

Chilled Pea & Mint | 7

Herb Oil

LIGHT BITES

Antipasti | 14

Mortadella, Salami Milano, House Pickles,
Cornish Brie & Smoked Cheddar

Burrata | 13

Hot Honey, Walnuts, Baby Leaves
& Toasted Sourdough

Bruschetta | 8

Fresh Cherry Tomatoes, Fragrant Basil,
Red Onion, Olive Oil & Balsamic

Crab Sandwich | 20

Da Bara Sourdough, Dill Brown Crab,
White Crab Lemon Mayo, Cucumber
& Iceberg Lettuce

Hummus & Flatbreads | 8

Hummus with Smoked Paprika & Olive Oil

Smoked Salmon Gravlax | 19

Da Bara Rye Bread, Cream Cheese, Lemon
& Dressed Leaves (Open Danish Sandwich)

Quiche of the Day | 13

Served with Dressed Leaves.
Please see blackboard for details

SALADS

Regular | 9 Large | 16

Caesar Salad

Crispy Romaine Lettuce, Croutons,
Parmesan, Anchovies & Classic Dressing

Greek Salad

Cherry Tomatoes, Cucumber, Red Onion, Peppers,
Black Olives, Oregano & Marinated Greek Feta

Nourish Salad

Maple-Roasted Sweet Potato, Tabbouleh,
Hummus & Garlic Chilli Broccoli

Extra Toppings | 4

Pulled Chicken, Tiger Prawns
or Roasted Artichoke Hearts

PIZZAS

12" Italian Bases, Rich Confit Garlic,
Mutti Tomato Sauce & Fresh Mozzarella.

Our Pizzas can be made Gluten Free,
Dairy Free or Vegan on request.

The Classic Margherita | 15

Fragrant Basil

The Salami | 19

Hot Honey

The Fungi | 19

Whipped Truffle Mascarpone, Spinach,
Seasonal Wild Mushrooms & Truffle Oil

The Chicken | 19

Whipped Pesto Mascarpone Base,
Pulled Chicken & Roquito Pepper Drops

The Prawn | 19

Chilli-Dressed King Prawns
& Coriander

SIDES

Skin-on Fries

Rosemary Sea Salt | 6

Truffle & Parmesan | 7

Loaded Crab Fries | 15

Dressed White Crab, Brown Crab Mayo,
Pickled Cucumber & Smoked Paprika Salt

Da Bara Focaccia | 6

Confit Garlic

Seasonal Baby Leaf Salad | 5

Maple Vinaigrette

Cornish Smashed Potatoes | 6

Parmesan & Roasted Garlic Aioli

Nourish Coleslaw | 3

Homemade Creamy Coleslaw

LUNCH DESSERTS

Fruit Salad | 4

Selection of Cornish
Ice Cream & Sorbet | 7

Ask your server for today's flavours

Traybakes & Cake Selection | 4.50

Ask your server for today's selection

Coffee's/Bar Tipples

Your food is freshly prepared to order. If you have any allergies or dietary requirements, please inform a member of staff before ordering.