

Nourish

SNACKS

Castelvetrano olives | 4.5

Mixed root salted crisps | 5

Sweet & salty mixed nuts | 5

Homemade focaccia, confit garlic oil | 5

Rosemary salt chips & aioli | 6.5

CORNISH TAPAS

Order a few for the table

Daily catch, fennel & dill salad,
anchoiade | NVG | 14

Sweetcorn hummus, caramelised fennel,
warm flatbread | 8.5

Spiced cauliflower taco, romesco sauce,
pickled red cabbage, spiced yoghurt | 8.5

Roast aubergine, almonds,
tomato, salsa verde | 9

Bresaola, rocket, parmesan,
Cabernet Sauvignon dressing | NVG | 12

BRIOCHE

Seafood cocktail toasted brioche,
tabasco fries | NVG | 16

BBQ pork rib brioche,
baby gem, citrus mayo, fries | NVG |

SHAWARMA

Open style flatbread

Courgette, charred tenderstem,
feta, tzatziki | CG | 12

Lemon roast chicken, miso mayonnaise,
rocket, parmesan, chilli,
Caesar dressing | CG NGV | 15

Moroccan spiced tofu, chickpea, pepper,
avocado & tahini dressing | CG | 12

VIBRANT SALADS

Freshly made today and on display

Eat in or takeaway

Choose from Small 7 | Large 11

Bulgur & chickpea chaat,
whipped lime tahini, coriander | CG

Pea, spinach & feta, spring onion,
house vinaigrette, parsley & mint

Cornish mid potatoes, olive, dill,
grain mustard vinaigrette

*Your food is freshly prepared to order. For allergies and
dietary requirements please discuss with us before ordering
CG - contains gluten | NVG - Non vegan*