

# Nourish

## SNACKS

- Castelvetroano 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
- Marinated squid & chorizo, parsley, lemon, potato | NVG | 9
- Sweetcorn hummus, caramelised fennel, warm flatbread | 8.5
- Roast aubergine, almonds, tomato, salsa verde | CG | 9
- Spiced cauliflower taco, romesco sauce, pickled red cabbage, spiced yoghurt | 8.5
- Burrata, burnt peach, pepper & tomato salsa, herb oil, crostini | NVG | 12

## LARGE PLATES

- Courgette, charred tenderstem, feta, tzatziki | CG | 23
- Lemon roast chicken, miso mayonnaise, rocket, parmesan, chilli, avocado & tahini dressing | NVG | 26
- Moroccan spiced tofu, chickpea, pepper, avocado & tahini dressing | CG | 21

## WITH A VIBRANT SALAD

*Choose one or have a selection to go with your large plate, all served with mint yoghurt and nigella seeds*

*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*

## PIZZA

*Freshly stonebaked, gluten free bases available 12" | 9"*

- Classic Margarita | 12 / 9  
*Mozzarella, basil*
- Salame Picante | NVG | 15 / 10  
*Mozzarella*
- Gochujang hispi | 14 / 9.5  
*Red onion, whipped peanut butter*
- Chicken Caesar | NVG | 14 / 9.5  
*Parmesan, anchovy*

*Your food is freshly prepared to order. For allergies and dietary requirements please discuss with us before ordering*

*CG - contains gluten | NVG - Non vegan*