

Nourish



A GLASS TO START

Camel Valley Brut, UK, Cornwall | 125ml | 11

Amie X Organic Rosé, France Languedoc, 2023 | 175ml | 11

Hahn, Pinot Noir, California, USA, 2021 | 175ml | 14

Fig Leaf Mizuwari | Loveday kissing gate, umeshu, orange & mandarin, fig leaf cold tea | 13

SNACKS

Marinated Gordal olives | GF, VG | 5

Smoked almonds | GF, N, VG | 4

Crispy fried dill pickles | E, VG | 4

Chips & dips | E, GF | 6

Homemade focaccia | G, V | 5

Gildas | F, GF | 4

SMALL PLATES

Butter bean hummus, rose harissa, za'atar, pitta | G, GFO, S, VG | 6

Charred sweetcorn ribs, hot honey, toasted sesame | GF, S, V | 7

Winter spiced figs, serrano ham, burrata, watercress, toasted almonds | D, GF, N | 9

Spiced cauliflower taco, romesco sauce, pickled red cabbage, yoghurt | GF, N, VG | 9

Chorizo picante, roasted pimentón, cider glaze | GF | 8

Seasonal soup, croutons | G, GFO, V | 6

SALADS

8 Small | 15 Large

Kale, chard, spinach & mixed leaf, vegan caesar, sourdough croutons | G, GFO, VG

Pumpkin & squash, feta, red onion, clementine crème fraîche, toasted seeds | D, GF, V

Balsamic beetroot, braised bulgar, goats cheese, pomegranate, mint | G, V, VGO



*V - Vegetarian | D - Dairy | N - Nuts | G - Gluten | E - Eggs
F - Fish | S - Sesame | C - Crustaceans | VG/O - vegan*



LARGE PLATES

Crispy calamari, fries, lemon and herb aioli | E, F, GF | 14

Wild mushroom gnocchi, spinach, cep cream, pecorino | D, G | 13

Confit duck leg, truffle braised puy lentils, kale, salsa verde | GF | 16

Smash burger, gouda, relish, iceberg, onion, beef tomato, gerkin, fries | D, E, G, GFO, S | 14

BBQ pork belly brioche, apple and fennel slaw, cider aioli, fries | D, E, G, GFO, S | 14

Grilled courgette ribbons, fresh peas, toasted pine nuts, ricotta on sourdough toast with a fresh leaf salad | D, G, N, V | 12

Cornish crab on sourdough toast, pickled cucumber, sliced radish, crab mayo with a fresh leaf salad | C, E, D, G | 17

PIZZAS

Our chefs freshly rolled dough, gluten free bases available, sizes 9" / 12"

Margherita | D, G, V, VGO | 10 / 13

Fresh mozzarella, rich tomato sauce, fragrant basil

Salami Picante | D, G, | 12/15

Spicy salami, fresh mozzarella, tangy tomato sauce, basil, a drizzle of sweet honey

Giardino | D, G, N, V | 12/15

Creamy ricotta, tenderstem broccoli, vibrant pesto, and thinly sliced fennel

Siciliana | D, F, G | 12/15

Robust tomato sauce, briny olives, savoury anchovies, onions, pecorino


DESSERTS

Chocolate & sea salt tart, clotted cream | GF, VGO | 9

Lemon, pistachio, olive oil cake with whipped ricotta & honey | D, GF, N, VGO | 9

Affogato, espresso, vanilla ice cream | D, E, GF, VGO | 5

Vegan chocolate & almond brownie | GF, N, VG | 9



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