





NIBBLES & LIGHT BITES

MEZZÉ BOARD  Pinot Grigio Pinot Grigio Blush	8
Artisan breads, sun blushed tomatoes, artichokes, mixed olives and hummus (ve) add Cornish Charcuterie 5.5	
SALT & PEPPER SQUID  Vinho Verde	8.75
Asian slaw, sweet chilli sauce and crispy shallots	
PEA & MINT FRITTERS  Pinot Grigio	7
Avocado puree with dukkah seeds (ve, gf)	
SMOKED MACKEREL & HORSERADISH PATE  White Cliff Sauvignon Chemin de Provence	7.5
Red onion jam with toast	
TOASTED BUCKWHEAT & POMEGRANATE TABOULEH  Gewurztraminer	7
Parsley, mint, tomatoes, shallot with turmeric and ginger dressing (ve, gf)	

HAND HELDS

CRISPY FISH TOASTED BAGEL  Vinho Verde	11
Tomato, spicy leaves, tartare sauce and lemon Add fries 3	
PORK BAO BUN  Gewurztraminer Tempranillo/Cabernet	8.5
Asian slaw, pink onions, wasabi peas and teriyaki Add fries 3	
SPICY BEAN BURGER BAGEL  Gewurztraminer Merlot	13
Avocado, Offshore lager cheese, chipotle mayonnaise, pink onions, spicy leaves with fries (ve)	
LOCAL BEEF AND BACON BURGER BAGEL  Malbec St Emilion	14.5
Offshore lager cheese, pink onions, tomato chutney, chipotle mayonnaise, spicy leaves with fries	

SURF OR TURF

STICKY PORK CUTLET  Gewurztraminer Tempranillo/Cabernet	18.5
Jasmine rice, Cornish bok choy greens, crushed wasabi peas, sticky ginger sauce and prawn crackers (gf)	
ROASTED TOMATO AND OLIVE LINGUINE  Pinot Grigio Tempranillo/Cabernet	13
Chilli, garlic, seasonal greens topped with pangrattato and shaved parmesan (ve) Add mussels 3	
POT OF FOWEY MUSSELS  White Cliff Sauvignon	7.5 <small>Small</small> 15 <small>Large</small>
Chefs' selection for the day served with artisan bread (gf) Add fries 3	
BEER BATTERED FISH AND CHIPS  Vinho Verde	14.5
Local catch of the day with mushy peas and tartare sauce (gf)	
CRISPY TOFU MISO BROTH  Gewurztraminer	13.5
Soba noodles, chilli, garlic, Cornish bok choy, seasonal vegetables, kaffir lime and ginger (ve)	
LOCAL CAUGHT COD FILLET  White Cliff Sauvignon Pinot Grigio Blush Chemin de Provence	19
Parsley and pea bubble and squeak, crispy bacon, seasonal greens with a nduja hollandaise (gf)	
10oz ROLLED RIBEYE STEAK  Malbec St Emilion	25.5
Truffle and pink peppercorn fries with chimichurri and horseradish (gf)	

FROM THE PIZZA OVEN

Gluten free base £2 surcharge

OUR MARGHERITA  Pinot Grigio Pinot Grigio Blush	10.5
Neapolitan sauce, mozzarella cheese, shaved Grana Padano (v)	
THE VEGAN  Vinho Verde	13.5
Vegan mozzarella, courgette, pesto, wild mushrooms, rocket and roquito peppers (ve)	
MEAT FEAST  Malbec St Emilion	14
Smoked Pancetta, milano salami, chorizo, nduja with rocket, roquito peppers and mozzarella	
THE CORNISHMAN FOUR CHEESE  Chemin de Provence Merlot	12.5
Davidstow cheddar, Helford blue, Brie and Yarg with red onion jam, pink onions and rocket (v)	
HAWAIIAN  White Cliff Sauvignon Tempranillo/Cabernet	12.5
Parma ham, smoked pancetta, pineapple, pink onions with mozzarella	

SIDES

STEAMED TENDERSTEM BROCCOLI 6	ASIAN SLAW 4
with garlic, chilli, miso and crispy shallots (ve)	with wasabi mayonnaise (ve, gf)
ROCKET SALAD  Vinho Verde 4.5	SKINNY FRIES 4
with tomatoes, shaved Grana Padano dressed with Olive oil and balsamic (v, gf)	with Cornish sea salt (ve, gf)
	DIRTY FRIES  Tempranillo/Cabernet 6.5
	with pulled pork and Offshore lager cheese

KIDS AT THE BEACH

LINGUINE 6	LOCAL BEEF CHEESEBURGER BAGEL 8
Plain or tomato with cheese (v)	with fries
PEA FRITTERS 7	BREADED CHICKEN GOUJONS 8
with cucumber and hummus (gf, ve)	with chips and beans Add tenderstem broccoli 1
FISH AND CHIPS (gf) 7.5	

DESSERTS


MILK CHOCOLATE & ORANGE PANNACOTTA 7
with almond streusel crumb and raspberry sorbet
ETON MESS 6.5
Summer fruits, berry coulis with Chantilly cream (gf)
DOUBLE CHOCOLATE BROWNIE 7
Fresh berries with salted caramel ice cream (ve, gf)
TRIO OF CORNISH ICE CREAM 6.5
LOCAL CHEESE BOARD 8
Helford Blue, St Endellion Brie and Cornish Yarg with chutney and water biscuits

We focus on sourcing our ingredients locally. Please see our website for our list of suppliers. Dishes may sometimes change or sell out as we order little and often to keep them as fresh as possible.

Please let a member of the team know if you have any allergy issues or food preferences. We are always happy to help.

WILDLIFE CHALLENGE

To learn more about our local wildlife and have a go at our wildlife challenge, please visit our website.

 Keep an eye out for our specially selected 'perfect pairings' when ordering your food. Cheers!

ve - vegan or can be made vegan
v - vegetarian
gf - can be made gluten free

BEER & CIDER

	Half	Pint		
PRAVHA 4%	2.55	4.8	DOOMBAR ALE 500ml 4.3%	4.8
OFFSHORE 4.8%	2.75	4.9	ESTRELLA 330ml 4.6%	4.2
HIDDEN BREWERY LAGER 3.8%	2.5	4.75	CORONA 330ml 4.5%	4.2
ATLANTIC 4.5%	2.75	4.9	BECKS BLUE 275ml 0.05%	3.5
HIDDEN BREWERY NEIPA 5.6%	2.75	5.5		
SHARPS ORCHARD CIDER 4.5%	2.55	4.8		

GIN

	25ml
JUST GIN	4
TARQUINS ask for flavours	4.5
ST IVES GIN	5.5
GORDONS PINK	3.6
BOMBAY SAPPHIRE	4
TANQUERAY	4
HENDRICKS	5

SPIRITS

	25ml
BACARDI	3
MORGANS DARK	3.5
OLD J SPICED	3.5
ABSOLUT VODKA	3.5
JACK DANIELS	3.5
COURVOISIER	4
JAMESONS	3.5

If you can't see your favourite - just ask the team

SOFTS

	Half	Pint
PEPSI/PEPSI MAX/LEMONADE	2	2.5
COKE/DIET COKE GLASS BOTTLES 330ml		3
APPLETISER 330ml		3
MARLISH SPARKLING 330ml		2.5
Brazilian Orange, Sicilian Lemon, Raspberry, Elderflower, Ginger Ale		
J20 275ml		3
Apple & Raspberry, Orange & Passionfruit, Apple & Mango		
FRUIT JUICE	2.5	4
Apple, Orange		
MARLISH STILL/SPARKLING WATER CANS 330ml		1.5
FEVERTREE TONICS 200ml		2.4

HOT DRINKS

	Single	Double		Kids
ESPRESSO	2	2.5	HOT CHOCOLATE	2 3.5
MACCHIATO	2	2.5	DELUXE HOT CHOCOLATE	2.5 4
AMERICANO		2.5	CHAI LATTE	3.5
FLAT WHITE		3	BABYCINO	1
LATTE		3	TEA	2
CAPPUCCINO		3	SPECIALITY TEAS	2.3
MOCHA		3.5	Alternative milks +0.3	

APRÈS

The perfect end to your meal.

ESPRESSO MARTINI	9
Vanilla Vodka, Khalua, Frangelico, Double Espresso, Vanilla Syrup	
OL' SMOKEY OLD FASHIONED	9
Bourbon Whiskey, Honey, Orange, Burnt Cinnamon, Bitters	
LIMONCELLO	4
Homemade & Delicious Over Ice	

WINE

WHITE

	175ml	250ml	Bottle
I CASTELLI PINOT GRIGIO DELLE VENEZIE D.O.C Italy	4.75	6.5	19
Green apple and lime flavours, fresh with a lovely light minerality and easy drinking			

JANELAS ANTIGAS VINHO VERDE Portugal	5.2	7.2	21
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An exciting and refreshing wine that perfectly combines the aromas of four of the most famous grape varieties of the region resulting in a very fresh and fruity wine, with a balanced acidity. Its great for pairing with salads, fish and seafood dishes or can be served on its own

CAPE TO CAPE BARREL FERMENTED CHENIN BLANC 2019 South Africa	6	8.5	26
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The nose shows lemon, fynbos and a hint of honeysuckle while the palate is medium-bodied with bright acidity and a gently savoury finish

WHITE CLIFF SAUVIGNON BLANC New Zealand	7	9.5	28
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Pure passionfruit and lime on the nose which follows through onto the palate, add to this the typical Marlborough gooseberry flavours and this creates a classic, refreshing, zingy white wine

VIÑAS DEL VERO COLECCIÓN GEWURZTRAMINER Spain			30
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A wonderful aromatic white that is perfect with any Asian style dish, a beautifully balanced wine with a lingering aftertaste

RED

	175ml	250ml	Bottle
ALTOZANO TEMPRANILLO CABERNET SAUVIGNON Spain	4.75	6.5	19
Deep cherry red colour with hints of violet. Aromas of chocolate and liquorice and a smooth finish			

I CASTELLI MERLOT Italy	5.2	7.2	21
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Bright ruby red colour, aromas of raspberry and huckleberry, with great fruit content SWA Silver Award

CAPE TO CAPE OLD BUSH VINE CINSULT 2019 South Africa	6	8.5	26
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This wine offers enchanting strawberry, red cherry and vibrant earthy notes on the nose, these flavours carry forward to a silky palate with ripe fruit and subtle cedar oak

PECADO ESTATE MALBEC Argentina			28
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Red cherries, blackcurrants and herb aromas, soft tannins and subtle acidity support the well-rounded flavours of plums, mulberries and cherries

CHATEAU ROBIN LUSSAC SAINT EMILION France			30
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Garnet colour and a multi-layered nose of rich fruit and spice lead in to an elegant palate showing bramble fruit with undertones of vanilla

ROSÉ

	175ml	250ml	Bottle
I CASTELLI PINOT GRIGIO BLUSH DELLE VENEZIE D.O.C Italy	4.75	6.5	19
Slightly mineral, soft and persistent with fruity notes and light aromatics			

SWA Bronze Award

CHEMIN DE PROVENCE ROSÉ France			28
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Classic Provence, flavours of raspberry and strawberry with a crisp, refreshing finish

SPARKLING WINE

	20cl	75cl
PROSECCO, FAMIGLIA BOTTER D.O.C EXTRA DRY Italy	8.5	25
Delicious floral and delicate flavours, with a fine mousse		

CHAMPAGNE

	Bottle
BOLLINGER BRUT SPECIAL France	80
This wine shows incredible smooth and creamy fruit with an elegance and finesse equalled by very few other Champagnes	

If you have a favourite in mind - please ask our waiting staff or bartenders

PAINS AU CHOCOLAT (v) 3.75

CROISSANTS (v) 3.5

Add ham / Cornish Cheddar 1.75

PORTUGUESE CUSTARD TARTS (v) 5

TOASTED TEA CAKES (v) 3.5

PANCAKES 7.5

Fresh berries with maple syrup and cacao nibs (ve)

HOMEMADE GRANOLA 6.75

Mixed nuts, seeds, oats and baked with maple syrup and fresh yoghurt or milk (ve, gf)

MIXED FRUIT SALAD BOWL 5

Vanilla yoghurt (ve, gf)

ARTISAN TOAST 4.5

Jam or marmalade (ve, gf)

During peak season no variations please

KIDS

All options above are available as children's portions at half price.

JUICE

	Half	Pint
ORANGE	2.5	4
APPLE	2.5	4

HOT DRINKS

	Single	Double
ESPRESSO	2	2.5
MACCHIATO	2	2.5
AMERICANO		2.5
FLAT WHITE		3
LATTE		3
CAPPUCCINO		3
MOCHA		3.5
HOT CHOCOLATE	Kids 2	3.5
DELUXE HOT CHOCOLATE	2.5	4
CHAI LATTE		3.5
BABYCINO		1
TEA		2
SPECIALITY TEAS		2.3

Alternative milks +0.3

ve - vegan or can be made vegan v - vegetarian gf - can be made gluten free

We make all our syrups in house
and use fresh ingredients

RUM AND GINGER MOJITO 9

Rum, fresh ginger & honey syrup, lime, ginger beer, fresh mint

PASSIONFRUIT & YUZU MARTINI 9

Vanilla vodka, passoa, passionfruit puree, yuzu syrup, lime

ELDERFLOWER-LIMONCELLO SPRITZ 9

St Germain elderflower, house-made limoncello, lemon juice, fresh mint, soda

GRAPEFRUIT TWIST 9

Tanqueray, triple sec, fresh pink grapefruit, simple syrup

APEROL SPRITZ 9

Aperol, prosecco, soda, orange

PIMMS NO. 1 Single **9** Jug **25**

Pimms No. 1, gin, citrus, summer fruit, lemonade

MOCKTAILS

Treats for those who prefer 0% - still maintaining the deliciousness of our cocktails

SUMMER MUDDLE 5

Fresh berries, sicilian lemon, yuzu syrup

APPLE & GINGER NOJITO 5

Apple juice, ginger syrup, lime, fresh mint