

## BREAKFAST 10-4

## FULL ENGLISH BREAKFAST

Fried egg, bacon, sausage, tomato, mushroom, beans with fries and toast **(gf)**

11

## VEGETARIAN BREAKFAST

Fried egg, vegetable sausage, tomato, mushroom, beans with fries and toast **(ve, gf)**

10

## KIDS BREAKY

Fried egg, sausage, beans and toast **(v, gf)**

7

## FOCACCIA BAPS

Bacon, sausage, vegan sausage or egg **(ve)**  
Two fillings 5.75 / Triple 7.50

## PASTRIES

Choose two from croissants, pain au chocolate or custard tarts **(v)**

4

## LUNCH 12-4

## LIGHT OPTIONS

## TODAY'S SOUP

Fresh seasonal ingredients served with artisan bread **(ve, gf)**

7.5

## PEA &amp; MINT FRITTERS

Pinot Grigio

Curried cauliflower puree, roasted beetroot, rosemary almonds and pomegranate molasses **(ve, gf)**

8.5

## AUTUMN TEMPURA VEGETABLES

Chenin Blanc

Sweet chilli sauce, rosemary almonds with Asian leaves **(ve, gf)**

Add fries 3

8

## STICKY PORK BAO BUN

Gewurztraminer

Yuzu mayonnaise, wasabi peas and teriyaki **(gf)**

Add fries 3

9

## BURGERS &amp; PASTIES

## CRISPY FISH BURGER

Vinho Verde

Mini Focaccia, tartare sauce, leaves, fresh lemon with fries

13.5

## SOUTHERN FRIED CHICKEN &amp; BACON BURGER

Cinsault

Mini Focaccia, chipotle mayonnaise, gherkins, leaves, lager cheese with fries

15.5

## SPICY BEAN BURGER

Chenin Blanc

Chipotle mayonnaise, gherkins, leaves, lager cheese with fries **(ve)**

13.5

STEAK OR VEGAN CORNISH PASTY **(ve)**

4.25

## FROM THE PIZZA OVEN

Gluten free base £2 surcharge

## OUR MARGHERITA

Pinot Grigio | Pinot Grigio Blush

Neapolitan sauce, mozzarella cheese, shaved Grana Padano **(v)**

10.5

## THE VEGAN

Vinho Verde

Vegan mozzarella, seasonal greens, pesto, wild mushrooms, rocket, roquito peppers **(ve)**

13.5

## MEAT FEAST

Malbec | St Emilion

Smoked Pancetta, milano salami, chorizo, nduja with rocket, roquito peppers and mozzarella

14

## THE CORNISHMAN FOUR CHEESE

Chateau Routas Provence | Merlot

Davidstow cheddar, Helford blue, Brie and Yarg with red onion jam, pink onions and rocket **(v)**

12.5

## HAWAIIAN

Turtle Bay Sauvignon | Tempranillo/Cabernet

Parma ham, smoked pancetta, pineapple, pink onions with mozzarella

12.5

## LARGER OPTIONS

## LOCAL BEER BATTERED FISH &amp; CHIPS

Vinho Verde

Skinny fries, mushy peas and tartare sauce **(gf)**

15

## THAI GREEN CURRY

Gewurztraminer

Jasmine rice, sweet potato, broccoli, spring onion, ginger and chilli **(ve, gf)**

Add chicken 5

14.5

## PUMPKIN &amp; WILD MUSHROOM LINGUINE

Pinot Grigio Blush

Sage, red pesto, Autumn greens, chives and pangrattato **(ve)**

14

## THAI STYLE MUSSELS

Turtle Bay Sauvignon

Coconut, chilli, ginger with coriander tamarind and artisan bread **(gf)**

Add fries 3

Small	Large
9	16

## SIDES

## MARINATED OLIVES

Hummus, sun blushed tomatoes with artisan breads **(ve, gf)**

Add cold meats 3.5

4.5

## ROCKET SALAD

Shaved Grana Padano dressed with olive oil and balsamic **(ve, gf)**

4.75

## DIRTY FRIES

Pulled pork and Offshore lager cheese **(gf)**

7

## SKINNY FRIES

Cornish sea salts

3.75

## AUTUMNAL VEGETABLE BOWL

Topped with toasted pumpkin seeds **(ve, gf)**

5.5

## CHEESY GARLIC BREAD

4.5

## KIDS AT THE BEACH

## CRISPY VEGETABLES

with broccoli and cucumber **(ve, gf)**

6.5

## PLAIN/TOMATO PASTA

with parmesan **(ve)**

7

## CHICKEN GOUJONS

with fries

7

FISH AND CHIPS **(gf)**

8.5

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** - gluten free or can be made gluten free

## BEER &amp; CIDER

	Half	Pint		Half	Pint
PRAVHA 4%	2.55	4.8	HIDDEN BREWERY CITRUS PALE ALE 4.5%	2.55	4.8
OFFSHORE 4.8%	2.75	4.9	DOOMBAR ALE 500ml 4.3%		4.8
HIDDEN BREWERY LAGER 3.8%	2.5	4.75	ESTRELLA 330ml 4.6%		4.2
ATLANTIC 4.5%	2.75	4.9	CORONA 330ml 4.5%		4.2
HIDDEN BREWERY NEIPA 5.6%	2.75	5.5	BECKS BLUE 275ml 0.05%		3.5
SHARPS COLD RIVER 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 Brazilian orange, Sicilian lemon, raspberry, elderflower, ginger ale		2.5
J20 275ml Apple & raspberry, orange & passionfruit, apple & mango		3
FRUIT JUICE Apple, orange	2.5	4
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 Vanilla vodka, Khalua, Frangelico, double espresso, vanilla syrup	9
OL' SMOKEY OLD FASHIONED Bourbon whiskey, honey, orange, burnt cinnamon, bitters	9
LIMONCELLO Homemade & delicious over ice	4

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

## WINE

## WHITE

	175ml	250ml	Bottle
I CASTELLI PINOT GRIGIO DELLE VENEZIE D.O.C Italy Green apple and lime flavours, fresh with a lovely light minerality and easy drinking	4.75	6.5	19
JANELAS ANTIGAS VINHO VERDE Portugal 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	5.2	7.2	21
CAPE TO CAPE BARREL FERMENTED CHENIN BLANC 2019 South Africa The nose shows lemon, fynbos and a hint of honeysuckle while the palate is medium-bodied with bright acidity and a gently savoury finish	6	8.5	26
TURTLE BAY SAUVIGNON BLANC New Zealand A great example of this classic New Zealand Marlborough, with gooseberry and grapefruit flavours and a crisp, refreshing aftertaste	7	9.5	28
VIÑAS DEL VERO COLECCIÓN GEWURZTRAMINER Spain A wonderful aromatic white that is perfect with any Asian style dish, a beautifully balanced wine with a lingering aftertaste			30

## RED

	175ml	250ml	Bottle
ALTOZANO TEMPRANILLO CABERNET SAUVIGNON Spain Deep cherry red colour with hints of violet. Aromas of chocolate and liquorice and a smooth finish	4.75	6.5	19
I CASTELLI MERLOT Italy Bright ruby red colour, aromas of raspberry and huckleberry, with great fruit content SWA Silver Award	5.2	7.2	21
CAPE TO CAPE OLD BUSH VINE CINSULT 2019 South Africa 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	6	8.5	26
PECADO ESTATE MALBEC Argentina Red cherries, blackcurrants and herb aromas, soft tannins and subtle acidity support the well-rounded flavours of plums, mulberries and cherries			28
CHATEAU ROBIN LUSSAC SAINT EMILION France 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			30

## ROSÉ

	175ml	250ml	Bottle
I CASTELLI PINOT GRIGIO BLUSH DELLE VENEZIE D.O.C Italy Slightly mineral, soft and persistent with fruity notes and light aromatics SWA Bronze Award	4.75	6.5	19
CHATEAU ROUTAS PROVENCE ROSÉ France A wonderfully dry styled rosé with flavours of melon and strawberry, goes perfectly with sunshine!			28

## SPARKLING WINE

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

## CHAMPAGNE

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