

BREAKFAST

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

FROM THE PIZZA OVEN

Gluten free base £2 surcharge

OUR MARGHERITA

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

10.5

THE VEGAN

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

13.5

MEAT FEAST

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

14

THE CORNISHMAN FOUR CHEESE

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

12.5

HAWAIIAN

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

12.5

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

CHEESY GARLIC BREAD

4.5

ROCKPOOL CLASSICS

TODAY'S SOUP

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

7.5

LOCAL BEER BATTERED FISH & CHIPS

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

15

SOUTHERN FRIED CHICKEN & BACON BURGER

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

15.5

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

4.25

PLEASE SEE OUR BLACKBOARD FOR DAILY SPECIALS.

KIDS AT THE BEACH

CHICKEN GOUJONS

with fries

7

PLAIN/TOMATO PASTA

with parmesan **(ve)**

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.

ACTIVITIES

Head to our website to download our Wildlife Challenge or ask our team about our Scavenger Hunt!

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

BEER & CIDER
Half / Pint

PRAVHA 4%	2.8 / 5.5	COLD RIVER CIDER 4.5%	2.8 / 5.5
OFFSHORE 4.8%	3 / 5.8	JUBEL CANS 330ML 4%	5
HIDDEN BREWERY NEIPA 5.6%	3.1 / 6	Grapefruit/Elderflower	
ATLANTIC 4.5%	2.9 / 5.6	SWIFTIES CORNISH LAGER 330ml 4%	4.5
JUBEL PEACH LAGER 4%	3.1 / 6	CORONA 330ml 4.5%	5
SALT IPA 4.2%	3.1 / 6	CORNISH ORCHARDS BLUSH 330ml 4%	4.5
HIDDEN BREWERY CASK ALE 4.5%	2.6 / 5	HEINEKEN 0% 330ml	4

GIN
25ml servings

JUST GIN	4	BOMBAY SAPPHIRE	4
TARQUINS ask for flavours	4.5	TANQUERAY	4
GORDONS PINK	3.6	HENDRICKS	5

SPIRITS
25ml servings

BACARDI	3.5	JACK DANIELS	3.5
OLD J SPICED	3.5	COURVOISIER	4
ABSOLUT VODKA	3.5	JAMESONS	4

WHITE
175ml / Bottle

SEA CHANGE PINOT GRIGIO Italy	6 / 23
By choosing this wine, not only are you able to enjoy a balanced, fresh and crisp Pinot Grigio, you are helping to fund ocean conservation projects globally because Sea Change donate to selected marine charities.	
JANELAS ANTIGAS VINHO VERDE Portugal	6.2 / 24
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.	
ILLUSION CHENIN BLANC South Africa	6.7 / 26
Green apples and peach aromas jump out of the glass. This Chenin is floral and fun with the perfect balance of sweetness and acidity.	
SEA CHANGE SAUVIGNON BLANC France	7.6 / 30
Along with great eco credentials, this has aromas of aromatic green citrus and grapefruit, set alongside beautiful balance and structure. A dry white wine, bursting with fresh summer zest.	
MACON LUGNY LES GENIEVRES LOUIS LATOUR France	42
Classic wine from the prestigious Burgundy producers. A pale colour disguises a nose of exotic fruit evolving into flavours of papaya and pineapple on the perfectly balanced intensely flavoured palate.	

ROSÉ
175ml / Bottle

SEA CHANGE PINOT GRIGIO ROSÉ Italy	6.2 / 24
Delicate bright pink colour The nose is packed with notes of wild strawberries, cranberry and a hint of juniper. Fresh and crispy, light and easy to drink. We also love to support the marine charities via Sea Change's donations.	
WHISPERING ANGEL ROSÉ, PROVENCE France	45
Celebrate with this perfect rosé. It is wonderfully dry and crisp with delicate summer berry fruits, balancing a dry zesty acidity with a deliciously creamy finish.	

IF YOU HAVE A FAVOURITE IN MIND PLEASE ASK OUR WAITING STAFF OR BARTENDERS

HOT DRINKS
Small / Large

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	

SOFTS
Half / Pint

PEPSI / PEPSI MAX / LEMONADE	2 / 3.5
COKE / DIET COKE CANS 330ml	3
CORNISH ORCHARDS ENGLISH APPLE CANS 330ml	3.5
MARLISH SPARKLING 330ml	3
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
MARLISH TONICS 200ml	2.5

RED
175ml / Bottle

I CASTELLI MERLOT Italy	5.7 / 22
Bright ruby red colour, aromas of raspberry and huckleberry, with great fruit content SWA Silver Award.	
TEMPUS TWO SILVER SERIES SHIRAZ Australia	6.2 / 24
Jammy fruits and cedar spice gives a medium bodies palate of ripe red fruit with undertones of white pepper.	
SEA CHANGE MONTEPULICIANO D'ABRUZZO Italy	6.4 / 25
With savoury and attractive dark charry aromas, the berry flavours are long on the palate and smoothly textured, finishing with light but persistent tannins.	
FORTUNA MALBEC Argentina	7.2 / 28
Vibrant aromas of violets, spice and ripe berry flavours. The palate has intense dark berries and clove spice. This is a medium bodied wine with good length.	
CHATEAU ROBIN LUSSAC SAINT EMILION France	36
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.	

FIZZ
125ml / Bottle

FAMIGLIA BOTTER PROSECCO Italy	6.5 / 26
Who doesn't love Prosecco? A delicious floral nose and delicate flavours make this an easy drinking delight.	
CAMEL VALLEY BRUT Cornwall	50
A fresh and fruity fizz, perfect for all celebrations. With English hedgerow scents, citrus character and a touch of honey on the palate.	
CAMEL VALLEY ROSE BRUT Cornwall	60
Really individual English style in the best possible way. Characteristic aromas of wild strawberries and raspberries, very well balanced with a refreshing finish. Mouth watering.	
BOLLINGER BRUT SPECIAL France	80
This wine shows incredibly smooth and creamy fruit with an elegance and finesse equalled by very few other Champagnes.	