

BREAKFAST BAPS

Focaccia bread, bacon, sausage, vegan sausage or egg (ve)
Two fillings 6 / Triple 8

LUNCH

Booking highly recommended

ROAST

A choice of either a meat option or vegetable option all served with a Yorkshire pudding and a platter of winter vegetables

OVERNIGHT ROASTED WEST COUNTRY SIRLOIN 16.5

Robust herbs and English mustard served with horseradish cream and meat jus (gf)

ROASTED SWEET POTATO, LEEK & KALE WELLINGTON 14.5

Topped with cranberry and walnuts served with garden herb jus (ve)

12 HOUR SLOW ROASTED BELLY OF PORK 15.5

Apple puree and parsnip crisp (gf)

Platter of winter vegetables

Braised red cabbage (ve, gf)

Cauliflower cheese gratin (ve)

Rosemary and garlic roast potatoes (ve, gf)

Salted maple roasted carrots (ve, gf)

Steamed spring greens (ve, gf)

SIDES

SKINNY FRIES 3.75

Cornish sea salt

DIRTY FRIES 7

Pulled pork and Offshore lager cheese (gf)

WILD ROCKET SALAD 4.75

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

MARINATED OLIVES 4.5

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

Add cold meats 3.5

FROM THE PIZZA OVEN

gf base surcharge £2

OUR MARGHERITA 10.5

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

THE VEGAN 13.5

Neapolitan sauce, vegan mozzarella, seasonal greens, pesto, wild mushrooms, rocket and roquito peppers (ve)

MEAT FEAST 14

Neapolitan sauce, smoked Pancetta, milano salami, chorizo, nduja with rocket, roquito peppers and mozzarella

THE CORNISHMAN FOUR CHEESE 12.5

Neapolitan sauce, davidstow cheddar, Helford blue, Brie and Yarg with red onion jam, pink onions and rocket (v)

HAWAIIAN 12.5

Neapolitan sauce, parma ham, smoked pancetta, pineapple, pink onions and mozzarella

KIDS AT THE BEACH

SMALL ROAST 10

with a Yorkshire pudding and vegetables (ve)

PLAIN/TOMATO PASTA 7

with parmesan (ve)

KIDS CHICKEN GOUJONS 7

with fries

WILDLIFE CHALLENGE

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

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.

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.	

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.	

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