

Choice of a main course and a glass of house wine (2007 Monte Alina or 2007 Los Peadillos) £10.95

Choice of a main course with a dessert and a glass of house wine (2007 Monte Alina or 2007 Los Peadillos) £13.95

Cornish Produce

We aim to source ingredients from Cornish growers and suppliers where possible, from cheese to fish, potatoes to ice cream and cider to wine, we're proud to stock & sell premium Cornish goods

Lunch menu

Marinated Manzanilla olives v
£2.50

Parmesan & garlic ciabatta v
£2.50

Soup of the day with Vicky's organic bread
£4.50

Mains All at £8.95

Smoked haddock & salmon fishcake with tartare sauce and pea sauce

Wine choice: 2007 Raats Original Chenin Blanc 125ml £3.10

Mezze plate; Chickpea & coriander humous, roasted pepper & tomato dip, beetroot dip, goats' cheese, slow cooked red onion and lentils

Wine choice: 2006 Saumur, Loire Valley 125ml £3.10

Open steak sandwich, slow roasted tomato, watercress salad and hand-cut chips

Wine choice: 2006 Stickleback, South Australia 125ml £2.95

Cornish plate of local fishes, meat and cheese

Wine choice: 2008 Chakana Torrontés 125ml £2.75

Fish pie with Menallack cheddar cheese crust

Wine choice: 2007 Raats Original Chenin Blanc 125ml £3.10

Grilled fish of the day fresh from the Newlyn day boats *market price (not included in wine & main course deal)*

Side orders All at £2.95

Minted Cornish potatoes

Wild rocket with balsamic dressing

Vine tomato, orange & red onion salad

Sandwiches

Cornubia Farm free-range egg & watercress
£3.95 v

Sourdough with grilled peppers, Gevrik goats' cheese and honey mustard dressing v
£4.45

Vine tomato and buffalo mozzarella with olive paste, basil ciabatta v
£5.85

Menallack cheddar cheese and smoked ham on organic multigrain bread with rocket & sweet tomato relish

£5.45

Open Newlyn Harbour hand-picked white crabmeat with crab mayonnaise and baby gem lettuce

£7.45

Desserts All at £4.25

Sticky toffee pudding with Rodda's Cornish clotted cream

Seville orange & pecan bread & butter pudding

Chocolate brownie with Willy Waller's ice cream

Willy Waller's ice cream (made in St Ives): chocolate, strawberry, mint, vanilla, toffee & honeycomb

Rhubarb & apple crumble with Rodda's Cornish clotted cream

Cornish cheese with oat biscuits and Roskilly's chutney £6.95