

Choice of a main course and a glass of house wine (2008 Monte Alina or 2007 Los Peadillos) £10.99

Choice of a main course with a dessert and a glass of house wine (2008 Monte Alina or 2007 Los Peadillos) £13.99

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 olives v

£2.50

Parmesan & garlic ciabatta v

£2.50

Soup of the day with granary bread

£4.50

Mains All at £8.99

Smoked haddock & salmon fishcake with tartare sauce and pea sauce

Wine choice: 2008 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 & flatbread

Wine choice: 2007 Saumur, Loire Valley 125ml £3.10

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

Wine choice: 2007 Stickleback, South Australia 125ml £2.95

Cornish Ploughmans with Yarg, smoked ham, pickles, coleslaw and bread

Wine choice: 2008 Chakana Torrontés 125ml £2.75

Fish stew with saffron, fennel and aioli

Supplement £2.00(not included in meal deal)

Wine choice: 2008 Raats Original Chenin Blanc 125ml £3.10

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

£3.99 v

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

£4.50

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

£5.95

Grilled smoked ham & Swiss cheese sandwich with gherkin mayonnaise

£5.60

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

£7.50

Desserts All at £4.50

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

Apple, sultana & cinnamon crumble with

Rodda's Cornish clotted cream

Moomaid of Zennor ice cream

Fig, Praline

Cornish cheese with oat biscuits and Roskilly's

chutney £7.00