

Lunch

Where possible our produce is locally sourced, organic, fairly traded and freshly cooked in our kitchen.

Soup of the day with homemade bread

VEGETARIAN (VEGAN, DAIRY, GLUTEN & WHEAT FREE on request)

£4.95

Toasted bagel

£6.95

Choice of fillings:

Smoked salmon /grilled halloumi /mushrooms/ham/salt beef

Scrambled eggs on toast

£6.95

With a choice of extra (supplement £1.00):

Smoked salmon /grilled halloumi/ham /mushrooms/salt beef

Homemade falafels, chilli jam, houmous, toasted pitta bread & salad

VEGETARIAN (DAIRY, GLUTEN & WHEAT FREE on request)

£7.50

Salt beef, Dijon mayonnaise, toasted pitta bread & chunky chips

We use local brisket beef & cure and cook it to an age old family recipe

£7.95

Traditional French crepe with Raclette cheese & mushrooms, seasonal salad

£8.95

With a choice of extra (supplement £1.00):

Smoked salmon /ham/salt beef

Lunch fish special (on blackboard)

Freshly caught in Cornwall – with us by lunchtime

Lunch special

**Chef's dish of the moment with a bowl of homemade bread
and**

Soft drink/lager/175ml glass of house red or white wine

£10.00

Side orders not available without a main course lunch

Marinated olives and toasted garlic bread £5.95

Home cut chunky chips £3.95

Bowl of toasted garlic bread £2.95

Homemade bread and local butter £2.95

For little people

We are happy to offer half size portions for half the price any of the above dishes. Please let us know when ordering.

Also open evenings See DINNER menu.

Tues – Sat 6.30 till late.