

## Lunch menu

The Bistro soup of the day with our homemade organic bread

*The bread is freshly made every day on the premises*

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

£4.95

Chickpea falafels in organic pitta bread, chilli jam, houmous & salad

*The Bistro falafels are baked not fried, which makes them even more delicious!*

VEGETARIAN (DAIRY, GLUTEN & WHEAT FREE on request)

£7.75

The Bistro salt beef and roasted beetroot, toasted pitta & tortilla crisps with salad

*The Bistro home cured Wiltshire beef cooked slowly for 4 hrs & thinly sliced*

£7.95

Quinoa & cashew nut roast with tomato compote and pesto

*Quinoa is a South American grain highly regarded for its nutritional value*

VEGETARIAN

£7.95

Lunch fish special

*Whatever the fishermen drop off at 6am for us at Newlyn harbour, Penzance is with us by lunchtime*

The Bistro savoury cheese crepe with Wiltshire ham or garlic mushrooms

VEGETARIAN on request

£7.95

Thai chicken satay strips with rice noodle stir

fry (satay = coconut & peanuts)

*We use free range local chicken*

VEGETARIAN version with tofu available

£8.95

Smoked salmon with crispy potato pancake, lemon mayo and seasonal salad

£9.95

## Fun & healthy food for children

The Bistro spelt pizza slices £4.95

Garlic bread with houmous £3.95

Vegetable soup with homemade bread £3.95

## Light bites

*Something simple, quick and without frills*

Our unique sandwiches are home made using freshly prepared flat bread £6.95

- Salt beef & mustard mayo
- Smoked salmon & black pepper
- Welsh cheddar cheese & chutney
- Wiltshire ham & chutney

The Bistro Ploughman's

Homemade organic bread, Welsh cheddar cheese, chutney, salad & Wiltshire ham

*Please ask if you'd like it vegetarian*

£7.50

Olives, garlic bread & homemade houmous

£5.95

Scrambled eggs on toast £6.55

- With garlic mushrooms £6.95
- With smoked salmon £6.95

## Extras

*All extras are only available as part of a chosen menu dish*

Homemade chunky chips £3.95

Strip of marinated olives £2.95

Side salad with French dressing £1.95

Bowl of homemade organic bread £1.95

The **Bistro**  
& Cookery School

