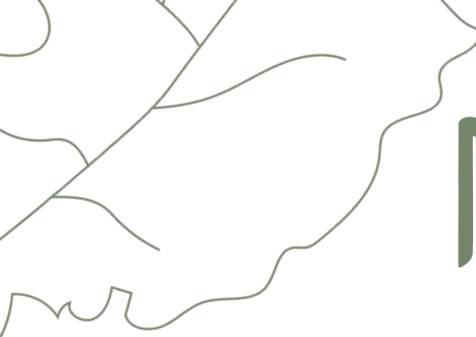




Nourish

12 - 5PM

SNACKS

Castelvetro olives | 4.5
Homemade focaccia, confit garlic oil | 5
Sweet & salty mixed nuts | 5
Rosemary salt chips & aioli | 6.5

CORNISH TAPAS

Order a few for the table

Daily catch, fennel &
dill salad, anchoiade | 14

Sweetcorn hummus, caramelised fennel,
warm flatbread | 8.5

Spiced cauliflower taco, romesco sauce,
pickled red cabbage, spiced yoghurt | 8.5

Roast aubergine, almonds,
tomato, salsa verde | 9

Breasola, rocket, parmesan, Cabernet
Sauvignon dressing | 12

BRIOCHE

Seafood cocktail toasted brioche,
tabasco fries | 16

BBQ pork rib brioche,
fries, citrus mayo | 14

SHAWARMA

Open style flatbread

Salad nicoise, tomato vinaigrette,
feta | 12

Lemon roast chicken, miso mayonnaise,
rocket, parmesan, chilli, avocado &
tahini dressing | 15

Charred tenderstem & cucumber, citrus
creme fraiche, coriander pesto | 12

VIBRANT SALADS

Freshly made today and on display

Eat in or takeaway

Choose from Small 7 | Large 11

Bulgur & chickpea chaat, whipped lime
tahini, coriander

Pea, spinach & feta, spring onion, house
vinaigrette, parsley & mint

Cornish mid potatoes, olive, dill, grain
mustard vinaigrette

TO FINISH

Dark chocolate warm brownie | 7

Raspberry sorbet | 6

Cornish Gouda, preserved
apricot, crackers | 9

*Your food is freshly prepared to order. For allergies and
dietary requirements please discuss with us before ordering.*

