

12 - 5PM

Nourish

SNACKS

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

CORNISH TAPAS

Order a few for the table

- Daily catch, fennel & dill salad, anchoiade | NVG | 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 | NVG | 12

BRIOCHE

- Seafood cocktail toasted brioche, tabasco fries | NVG | 16
- BBQ pork rib brioche, fries, citrus mayo | NVG | 14

SHAWARMA

Open style flatbread

- Courgette, charred tenderstem, feta, tzatziki | CG | 12
- Lemon roast chicken, miso mayonnaise, rocket, parmesan, chilli, Caesar dressing | CG | 15
- Moroccan spiced tofu, chickpea, pepper, avocado & tahini dressing | CG | 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 | CG
- Pea, spinach & feta, spring onion, house vinaigrette, parsley & mint
- Cornish mid potatoes, olive, dill, grain mustard vinaigrette

*Your food is freshly prepared to order. For allergies and dietary requirements please discuss with us before ordering
CG - contains gluten | NVG - None vegan*