

Nourish

SNACKS

- Castelvetro olives | 4.5
 Mixed root salted crisps | 5
 Sweet & salty mixed nuts | 5
 Homemade focaccia, garlic confit oil | 5

CORNISH TAPAS

Order a few for the table

- | | |
|---|---|
| Daily catch, fennel & dill salad, anchoiade NVG 14 | Marinated squid & chorizo, parsley, lemon, potato 9 |
| Sweetcorn hummus, caramelised fennel, warm flatbread 8.5 | Roast aubergine, almonds, tomato, salsa verde CG 9 |
| Spiced cauliflower taco, romesco sauce, pickled red cabbage, spiced yoghurt 8.5 | Burrata, burnt plum, pepper & tomato salsa, herb oil, crostini 12 |

LARGE PLATES

- Salad nicoise, tomato vinaigrette, feta | 23
- Lemon roast chicken, miso mayonnaise, rocket, parmesan, chilli, avocado & tahini dressing | 26
- Charred tenderstem & cucumber, citrus creme fraiche, coriander pesto | 21

WITH A VIBRANT SALAD

Choose one or have a selection to go with your large plate, all served with mint yogurt and nigella seeds

- 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

PIZZA

Freshly stonebaked, gluten free bases available 12" | 9"

- | | |
|--|---|
| Classic Margarita 12 / 9
<i>Mozzarella, basil</i> | Gochujang hispi 14 / 9.5
<i>Red onion, whipped peanut butter</i> |
| Salame Piccante 15 / 10
<i>Mozzarella</i> | Chicken caesar 14 / 9.5
<i>Parmesan, anchovy</i> |

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