

Nourish



A GLASS TO START

Camel Valley Brut, UK, Cornwall | 125ml | 13

Amie X Organic Rosé, France, Languedoc, 2023 | 175ml | 12

Hahn, Pinot Noir, USA, California, 2021 | 175ml | 14

Fig Leaf Mizuwari | Loveday kissing gate, umeshu, orange & mandarin, fig leaf cold tea | 14

SNACKS

Marinated Gordal olives | 5

Smoked almonds | 5

Crispy fried dill pickles | 4

Chips & dips | 6

Homemade focaccia | 5

Gildas | 4

Mediterranean olives, anchovies, tomato

SMALL PLATES

Butter bean hummus, rose harissa, za'atar, pitta | 7

Charred sweetcorn ribs, hot honey, toasted sesame | 8

Spiced cauliflower taco, romesco sauce, pickled red cabbage, yoghurt | 8

Chorizo picante, roasted pimentón, cider glaze | 9

Heritage tomatoes, buffalo mozzarella, basil vinaigrette, mint | 12

Grilled Cornish mackerel, sauce vierge, confit fennel | 13

SALADS

9 Small | 16 Large

Greek salad, confit garlic, rosemary marinated feta

Pea, courgette, tenderstem salad, maple vinaigrette, toasted seeds

Kisir spiced tomato bulgur wheat, tomato, spring onion, pomegranate



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LARGE PLATES

Crispy calamari, fries, lemon and herb aioli | 15

A selection of Duchy charcuterie, fennel salami, spinata speck, cornichons, sun dried tomatoes, toasted sourdough | 17

Smash burger, gouda, relish, iceberg, onion, beef tomato, gherkin, fries | 18

BBQ pork belly brioche, apple and fennel slaw, cider aioli, fries | 17

Grilled courgette ribbons, fresh peas, toasted pine nuts, ricotta on sourdough toast with a dressed leaf salad | 12

Cornish crab on sourdough toast, pickled cucumber, sliced radish, crab mayo with a dressed leaf salad | 18

Mussels and fries, white wine, shallot | 16

PIZZAS

Homemade Italian base, gluten free bases available, size 12"

Margherita | 14

Fresh mozzarella, rich tomato sauce, fragrant basil

Salami Picante | 17

Spicy salami, fresh mozzarella, tangy tomato sauce, basil, a drizzle of sweet honey Giardino | 17

Creamy ricotta, tenderstem broccoli, vibrant pesto, and thinly sliced fennel Siciliana | 17

Robust tomato sauce, briny olives, savoury anchovies, onions, pecorino

DESSERTS

Chocolate & sea salt tart, clotted cream | 9

Lemon, pistachio, olive oil cake with whipped ricotta & honey | 9

Affogato, espresso, vanilla ice cream | 5

Raspberry tartlet | 9



Your food is freshly prepared to order. If you have any allergies or dietary requirements, please inform a member of staff before ordering. Further allergen information is available upon request.