



BAR MENU (12PM - 9PM)

SMALL PLATES

Newlyn Crab Beignets <i>preserved lemon mayonnaise</i>	9.50
Salt and Pepper Squid <i>garlic aioli (DF)</i>	9.50
Homemade Primrose Herd Sausage Roll <i>piccalilli (DF)</i>	9.50
Cured Meat Board (To Share) celeriac remoulade, focaccia, pickles (DF, GFO)	25.00
Wild Mushroom Arancini <i>smoked cheddar, herb salsa</i>	8.95
House Marinated Olives <i>preserved lemon</i>	6.00
Homemade Focaccia <i>balsamic, olive oil</i>	7.50
Rosemary Polenta Chips <i>beetroot ketchup</i>	8.50





LARGE PLATES

Chicken Caesar Salad 20.00

pancetta, baby gem, parmesan, garlic croutons, anchovies (GFO)

Local Fish Curry 24.00

hake, haddock, pollock, mussels, tamarind, ginger and tomato sauce, pak choi, jasmine rice, toasted coconut

Tempura Battered Haddock Fillet 21.50

peas, tartare sauce, lemon, skin on fries (GF, DF)

Pumpkin and Sage Ravioli 19.00

spinach, parmesan and herb salsa, toasted pumpkin seeds

BURGERS

All of our burgers are served with garlic mayonnaise, tomato, red onion, and baby gem in a sourdough potato bun, with skin on fries and a side salad.

6oz Local Steak Burger 18.50

(GFO, DFO)

Moving Mountains Vegetarian Burger 17.50

(VGO)

Add Monterey Jack Cheese or Crispy Bacon
1.50 each





LUNCH (12PM - 3PM)

All of our sandwiches are served in a rustic
baguette with a side salad

Mature Cheddar <i>homemade chutney, tomato, rocket (GFO)</i>	10.95
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Egg Mayonnaise <i>rocket, black pepper (GFO, DFO)</i>	10.95
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Dry Cured Local Ham <i>Dijon mayonnaise (GFO, DFO)</i>	10.95
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Smoked Salmon <i>crème fraîche, rocket (GFO, DFO)</i>	14.95
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Coronation Chicken <i>(GFO, DFO)</i>	10.95
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Add a mug of our Soup of the Day
4.00





MARKET LUNCH MENU

Served 12pm - 3pm, Mon - Fri

STARTERS

Newlyn Crab Beignets

preserved lemon mayonnaise

Rosemary Polenta Chips

homemade beetroot ketchup (GF)

Homemade Soup of the Day

garlic and rosemary focaccia (VGO, GFO)

MAINS

Tempura Haddock

peas, tartare sauce, lemon, skin on fries

Chicken and Broccoli Penne Pasta

pesto cream (GFO)

Sweet Potato and Pak Choi Sweet and Sour Curry

jasmine rice, toasted coconut (GFO, VGO)

DESSERTS

Strawberry Eton Mess

Chantilly cream, fruit coulis (GF, DFO)

Two Scoops of Artisan Ice Cream or Sorbet

*selection of local and homemade, Florentine wafer
- please ask your server for flavours*



Two Courses

17.95

Three Courses

21.95

CHILDRENS MENU

STARTERS

Garlic Bread <i>(DFO)</i>	5.25
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Soup of the Day <i>focaccia (GFO, VGO)</i>	5.25
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Olives and Focaccia <i>balsamic, olive oil</i>	5.25
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Cucumber Sticks natural yoghurt (GF)	5.25
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MAINS

Mini Fish and Chips <i>(GF, DF)</i>	8.00
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9" Margherita Pizza <i>(GFO, DFO)</i>	8.00
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Pasta and Pesto Cream Sauce <i>(GFO)</i>	8.00
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Roast Chicken new potatoes, mixed vegetables (GF, DF)	8.00
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Mini Beef Burger fries, side salad (GFO, DFO)	8.00
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Moving Mountains Burger fries salad (VG)	8.00
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DESSERTS

Waffle <i>ice cream, chocolate sauce, strawberries</i>	5.25
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Chocolate Brownie Sundae	5.25
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Single Scoop of Ice Cream <i>please ask for flavours (GFO, DFO)</i>	3.50
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