



LUNCH (12PM - 3PM)

Open sandwiches served on toasted homemade focaccia with a side salad

Smashed Avocado and Sun Blushed Tomatoes 11.50
chilli jam, rocket (VGO, GFO)

Local Cured Ham and Melted Emmental Cheese 11.50
Dijon mayonnaise (GFO)

25 Day Dry Aged Steak Sandwich 16.50
sun blushed tomatoes, capers, Dijon mayonnaise, crispy onions (GFO, DFO)

Smoked Salmon 14.95
cream cheese, rocket, lemon (GFO, DFO)

Coronation Chicken 11.50
toasted almonds, rocket (GFO, DFO)





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
Homemade Soup of the Day <i>garlic and rosemary focaccia (GFO, VGO)</i>	9.00
House Marinated Olives <i>preserved lemon (VG, GF)</i>	6.00
Homemade Focaccia <i>balsamic, olive oil (VG)</i>	7.50
Turkish Aubergine Stew <i>Greek yoghurt, flatbread, coriander, molasses (GFO, VGO)</i>	9.00





LARGE PLATES

Chicken Caesar Salad	20.00
<i>pancetta, baby gem, parmesan, garlic croutons, anchovies (GFO)</i>	
Local Fish Curry	24.00
<i>tamarind, ginger and tomato, pak choi, jasmine rice, toasted coconut (DF, GF)</i>	
Tempura Battered Haddock Fillet	22.00
<i>peas, tartare sauce, lemon, skin on fries (GF, DF)</i>	
Vegetarian 'Fish' and Chips	20.00
<i>nori wrapped banana blossom, peas, tartare sauce, lemon, skin on fries (GF, VG)</i>	
Pasta Rigatoni	19.00
<i>wild mushrooms, pancetta, spinach, parmesan (GFO, Vegetarian Option Available)</i>	

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
<i>(GFO, DFO)</i>	
Moving Mountains Vegetarian Burger	18.50
<i>(VGO)</i>	

Add Emmental Cheese or Crispy Bacon
1.50 each





MARKET LUNCH MENU

Served 12pm - 3pm, Mon - Fri

STARTERS

Newlyn Crab Beignets

preserved lemon mayonnaise

Cured Meat Plate

celeriac remoulade, focaccia, pickles (GFO, DF)

Homemade Soup of the Day

garlic and rosemary focaccia (VGO, GFO)

MAINS

Tempura Haddock

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

Pasta Rigatoni

wild mushrooms, pancetta, spinach, parmesan (GFO)

Sweet Potato Sweet and Sour Curry

jasmine rice, pak choi, toasted coconut (GFO, VGO)

DESSERTS

Kahlua Crème Brûlée

pistachio and cranberry biscotti (GFO)

Two Scoops of Cornish Ice Cream or Sorbet

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



Two Courses
17.95

Three Courses
21.95