



Lunch Menu

Light Lunch

Homemade Soup (v/vg) 8.00
Served with warm bread

Chargrilled Tender-stem Broccoli(v) 9.00
Whipped lemon ricotta, harissa, toasted bread

Crispy Shredded Chicken 8.00
Crispy shredded salt & chilli chicken,
garlic mayo dip

Cornish Fish Bun 11.50
Panko breaded fish in a lightly toasted
rustic roll with little gem & tartar sauce.
Root veg crisps

Mezze Houmous & Falafels (v/vg) 9.50
Moroccan spiced falafels, houmous, olives,
sun blush tomatoes & toasted bread

BLT Focaccia 9.50
Smoked bacon, sliced vine tomato, little
gem, mayo. Rosemary & sea salt focaccia bun.
Root veg crisps

Pesto Mozzarella Focaccia (v/vgo) 9.50
Sliced vine tomato, mozzarella & pesto.
Rosemary & sea salt focaccia bun. Root veg crisps

Goat's Cheese Bruschetta (v) 10.50
Stone baked olive bread, goat's cheese, balsamic
roasted cherry tomatoes, olives, caramelised
onion & fig chutney, sweet peppers.

Nachos

All our nachos are served with salsa, guacamole,
sour cream, jalapenos, cheddar &
mozzarella. Options:

- Cheese (v/vgo) 10.00

- Veggie Chilli (v/vgo) 12.50

- Beef Chilli 13.50

- Spicy Shredded Chicken 13.50

Dog Walkers

Sliced pork sausage (for dogs) 1.50

Burgers

TJ's Smash Burger 16.00

Local Cornish beef, smoked bacon, Monterrey Jack
cheese, tomato, little gem, gherkin, burger sauce,
pickled red onion, brioche bun

Add: Extra smash burger patty (2.00)

Chicken Burger 17.00

Lightly breadcrumbed buttermilk chicken fillet,
smoked bacon, little gem, tomato, pickled red onion,
garlic mayo, rosemary & sea salt focaccia bun

Add: Cheese (+1.00)

Beyond Meat Burger(v/vg) 16.00

Vegan smoked cheese, tomato, little gem, gherkin,
vegan burger sauce, pickled red onion, brioche bun

All burgers come with skin on fries

Swap: Sweet potato fries (+1.00)

Mains

Crispy Squid Salad 15.50

Salt & pepper squid with mixed salad, feta,
olives, lemon, saffron citrus mayo

Za'atar Aubergine(v/vg) 15.50

Israeli cous cous, sun blushed tomato, pomegranate,
vegan tzatziki

Fish & Chips 17.00,

Locally sourced fish, skin on chips, crushed minted
peas & homemade tartare sauce

(Ask for today's fish)

Chilli Con Carne (vo/vgo) 14.00

Homemade *beef or veg* chilli with sour cream,
jalapenos & pickled red onion. Served with either skin
on fries or basmati & wild rice

Sides

Olives (v/vg) 5.00

Focaccia (Rosemary & sea salt) (v/vg) 4.00

Bread, olives & balsamic (v/vg) 7.50

Skin on chips (v/vg) 4.00

- Add cheese (+1)

Sweet potato fries (v/vg) 5.00

Mixed salad (v/vg) 4.50

Small Greek Salad (v) 6.50

We aim to provide quick service, but please be aware that during busier times there may be a wait for food.

Allergy Advice - Please speak to us before you order about any allergies or intolerances that you have.

Whilst every care is taken, we are unable to guarantee that **any** dish on our menu is allergen free

Menu descriptions do not include all ingredients used in the dish - **Full allergen information available on request**

(v) vegetarian

(vo) vegetarian option

(vg) vegan

(vgo) - vegan option