



## Lunch Menu

### Light Bites...

**Crispy Shredded Chicken** 8.50  
Crispy shredded salt & chilli chicken, garlic mayo dip

**TJ's Fish Bun** 11.50  
Breaded fish goujons, little gem, tartare sauce in a lightly toasted rustic roll

**Mezze Houmous & Falafels (vg)** 10.00  
Moroccan spiced falafels, houmous, olives, sun blush tomatoes, toasted bread

**BLT** 9.50  
Smoked bacon, sliced vine tomato, little gem, mayo. Rosemary & sea salt focaccia.

**Pesto Mozzarella (v/vgo)** 9.50  
Sliced vine tomato, mozzarella, pesto. Rosemary & sea salt focaccia.

**Goat's Cheese Bruschetta (v)** 11.00  
Stone baked olive bread, goat's cheese, balsamic cherry tomatoes, olives, fig chutney & sweet peppers.

### Salads...

**Crispy Salt & Pepper Squid** 15.50  
Feta, Bella Napoli olives, mixed salad, citrus mayo

**Moroccan Falafel (vg)** 15.00  
Humous, sun blush tomatoes, mixed salad, flatbread

**Cajun Chicken** 15.50  
Tzatziki, sweet chilli, mixed salad, flatbread

**Warm Goats Cheese (v)** 15.00  
Beetroot, walnuts, fresh berries, mixed salad balsamic glaze

### Stone Baked Pizza...

Stone baked, hand stretched Tuscan pizza base, rich tomato sauce, mozzarella & parmesan shavings

- Margherita (v/vgo) 13.00

- Pepperoni 15.00

- Ham & Olive 15.00

*Vegan cheese and gluten free bases available*

### Nachos...

All nachos served with salsa, guacamole, sour cream, jalapenos, pickled red onion, mozzarella & cheddar.

- Cheese (v/vgo) 11.00

- Beef or Veggie Chilli (v/vgo) 13.50

- Cajun chicken 14.50

### Burgers...

**TJ's Smash Burger** 16.00

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

+ Add an extra smash burger patty (2.00)

**Chicken Burger** 17.00

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

+ Add Cheese (1.00)

**Beyond Meat Burger (vg)** 16.00

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

**All burgers come with skin on fries**

*Swap: Sweet potato fries (1.00)*

### Fish & Favourites...

**Offshore Battered Fish & Chips** 17.00

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

**Asian Style Chicken / Tofu (v/vgo)** 18.00

Breaded chicken fillet or smoked tofu, katsu, charred pak choi, rice, sesame, kimchi, fried egg

**Moules Frites** 19.00

Porthilly mussels with white wine, cream, and herbs. Skin on fries

### Sides...

Olives (vg) 5.00

Bread, olives & balsamic (vg) 7.50

Focaccia (Rosemary & sea salt) (vg) 4.00

Skin on fries (vg) 4.00

+ Add cheese (1.00)

Sweet potato fries (vg) 5.00

Mixed salad (vg) 4.50

Small Greek Salad (v) 6.50

### For Dogs...

Sliced pork sausage 1.50

We aim to provide quick service, but please be aware that during busier times there may be a wait of 30 - 45 minutes for food

**Allergies** - Please speak to us before you order about any allergies or intolerances that you have - We are unable to guarantee that any dish is allergy free - Full details available on request

(v) vegetarian

(vo) vegetarian option

(vg) vegan

(vgo) - vegan option