



Veggie sharing platter for two 14 – hummus, goats' cheese,
roasted halloumi, baba ghanoush, zacusca, crudites, olives & house bread
Meat sharing platter for two 14.5 – meats, pickles, salami, chutney, artisan bread

Soup of the day (ve/gf) 6.5
Smoked paprika coated white bait with garlic mayo 7
Smoked paprika coated sprats with garlic mayo 7
Organic feta, melon, walnuts, cashews and pumpkin seeds salad (gf) 8
Mussels mariniere with house bread 7.5/ as main with house chips 16.5
Mushroom, dill, and spinach fricassee, served on butter toast & parmesan 7.5
Multi seed house hummus with cucumber, honey glazed cashews, pumpkin seeds and bread 7.5
Deep fried calamari, garlic mayo and tomato caper salsa 8.5
Smoked mackerel and crème fraiche mousse, herb crostini & pickled salad 8.5
Grilled Cornish sardines, garlic bread & salsa verde 8
Hand-picked white crab, in filo pastry basket, with ginger, coriander, honey, lemongrass & mango 9.75
Lobster tail, sweet potato, lime leaf and Thai basil ravioli, in vegetable consommé with lobster oil 9.75
Chorizo smoked bacon & ham terrine, crostini & red onion marmalade, minted yoghurt dressing 8

**Today's special - head on garlic & chilli grilled king prawns, on flatbread,
with garlic mayo & sweet chilli sauce 6 for 9.5 /12 for 17.5**

Tempura battered Aubergine with coconut rice and tikka masala sauce (v/ve) 15.5
Superfood salad, with Mediterranean cous cous, avocado, pineapple & mint yogurt dressing 10.5
Sri Lanka cashew nut curry served with coconut rice (v/ve/gf) 15.5
Caesar salad 11 + halloumi 3 + king prawns 5 + in house smoked chicken 4
Fish & chips– Cornish haddock in beer batter, chunky chips,
garden peas & tartare sauce 15.85/ light option 9.5
Tuna niçoise 18.95
Whole sea bass served with rice, capers, tomato salsa & fine beans (gf) 15.5
Head on whole plaice served on the bone, beurre noisette,
new potatoes and roasted courgettes 16.5
Catch of the day - Cornish Cod loin, baby spinach and bean velouté 17.95
Whole baked mackerel coated in medium hot red curry sauce, with sweet potato puree (gf) 13
Monkfish scampi, served with house salad & chips 17.95
Pan fried Scottish salmon loin, baby new potato, vegetable panache, butter sauce (gf) 18.5
Beef burger with cheese, brioche bun, house slaw, chips, pickles & chutney 14.5
New Farm beef pie, shortcrust pastry, served with a vegetable panache 17.5
Slow cooked beef brisket served with mashed potatoes, summer panache and beef sauce 17.5
New farm Rare cold beef, horseradish, mustard, house chips & salad 14.5
Lemon and rosemary half chicken, served with house salad & chips 15.5
Chicken skewer with house salad & chips, served with sriracha sauce (gf) 14.5
New farm slow cooked shoulder of lamb, baby new potatoes, veg panache, red wine mint sauce 17.5
SIDES all 4 each: House skinny chips, house chunky chips, mixed leaf salad, panache of vegetables, roasted
courgettes with garlic butter

Please advise us in advance of any dietary requirements or food intolerances