

NIBBLES

- Warm focaccia bread** with olive oil and balsamic vinegar **£3.50**
Hummus with warm pitta bread and harissa or pesto **£4.50**
Antipasti: Sweet peppers, cornichons, halkidiki and kalamata olives with garlic cloves **£4.25**
Mixed marinated olives: Halkidiki and kalamata olives **£4.25**

HOMEMADE SOUP

- Soup of the day** with Cornish granary bread **£5.45**

LOCALLY MADE CORNISH PASTIES

Served with leaves and tomato chutney

- Steak pasty** **£4.90**
Cheese and onion pasty **£4.90**
Sausage roll and ketchup **£3.90**

PANINI

Served with root vegetable crisps and summer slaw

- Ham, tomato and mozzarella** **£7.95**
Cheddar and mozzarella with a side of pickle **£6.95**
Tuna melt with mayonnaise and cheddar **£7.95**
Chicken, pesto and mozzarella **£7.95**
Bacon brie and cranberry **£7.95**
Marinated feta, sunblush tomato and olive **£7.25**

SALADS

- Sands Super Salad** **£7.45**
Roasted garlic and harissa chickpeas, summer vegetables, citrus bulgur with a balsamic glaze
Add smoked mackerel, chicken, marinated feta or prawns **£2.95**
Chicken Caesar salad **£8.95**
Little gem, chicken, bacon, croutons, egg, shaved parmesan and caesar dressing

PLATTERS

- Meat platter** **£10.45**
Cranberry and pistachio ham hock terrine, Parma ham, bresaola salad leaves, antipasti, focaccia and piccalilli
Fish platter **£10.95**
Potted mackerel pate, smoked salmon and prawns, served with leaves, antipasti, mayonnaise and focaccia bread
Mezze platter **£8.95**
Citrus bulgur wheat, raita, pomegranate and baby leaf salad, hummus with harissa and roasted mediterranean vegetables and toasted pitta



FAVOURITES

- Thai spiced fishcakes** **£8.50**
With sweet chilli dip and salad leaves
Sands burger with chips and summer slaw **£9.45**
4oz beef burger served in a floured bap with bacon, cheddar, iceberg, gherkin and mayonnaise
Veggie burger with chips and summer slaw **£8.45**
4oz Spicy bean burger served in a floured bap with iceberg, tomatoes and mayonnaise
Breaded plaice goujons **£8.45**
With ciabatta roll with tartar sauce, wedges and coleslaw
Classic BLT **£8.45**
Ciabatta roll served with wedges and coleslaw
Scampi **£8.45**
Tartar sauce, peas or salad and chips

SIDES

- Chunky chips** **£3.50**
Cheesy chunky chips **£4.00**
Bravas spiced potato wedges **£4.00**
With spicy tomato and aioli sauces
Side of summer slaw **£2.00**
Garlic bread **£3.50**
Baked beans **£2.00**
Peas **£2.00**

SOMETHING FOR THE LITTLE ONES

- Scampi** - served with chips and peas **£4.95**
Chicken goujons - served with chips and baked beans **£4.95**
4oz Beef burger in a bap - served with ketchup and crisps **£4.95**
Sausage roll - served with chips and baked beans **£4.95**
Cheese on toast with baked beans **£3.95**
Kids panini **£3.95**
Plain cheese or ham with ketchup and crisps
Kids meal deal **£4.95**
Ham, cheese or jam sandwich with an apple, box drink and crisps

DESSERTS

- Cornish Ice cream** **£2.25 / £4.00 / £5.00**
Chocolate, strawberry, vanilla, mint choc chip, salted caramel
1 scoop / 2 scoops / 3 scoops
Chocolate brownie (contains nuts) with vanilla ice cream **£5.50**
Sticky toffee pudding **£5.50**
With caramel sauce and clotted cream
Cream tea **£5.50**
With 2 scones, jam, clotted cream and a pot of tea

If you have any special dietary requirements, please speak to a member of staff and we'll do our best to accommodate you.

SOFT DRINKS

Soft drinks	from £1.00
Juices	from £1.00
Sparkling Elderflower (250ml)	£2.50
Appletiser (275ml)	£2.50
Sparkling / Still water (250ml, 500ml & 750ml)	£1.00 / £1.50 / £3.00
Homemade Lemonade (350ml)	£3.00

HOT DRINKS

Selection of teas	from £1.80
Cappuccino	£2.80
Latte	£2.80
Flat white	£2.20
Americano	£1.90
Espresso	£1.70
Hot chocolate	£2.80
Luxury hot chocolate with cream & marshmallows	£3.70
Hot chocolate with Baileys or Amaretto (25ml)	£5.50

All coffees are also available as de-caf.

SMOOTHIES

Mango Dream (400ml) <i>Mango and pear</i>	£3.50
Raspberry Heaven (400ml) <i>Raspberries, blueberries, mango, apple</i>	£3.50
Green Reviver (400ml) <i>Curly kale, lemon grass, banana and mango</i>	£3.50

FREAK SHAKES

Chocolate Heaven <i>Thick chocolate shake, ice cream, chocolate brownie pieces, maltesers, smarties, marshmallow, sprinkles, ice cream cone, strawberry sauce and whipped cream</i>	£8.95
Eton Mess <i>Thick strawberry shake, ice cream, meringue pieces, popping candy, marshmallow, sprinkles, ice cream cone, strawberry sauce and whipped cream</i>	£8.95

MILKSHAKES

Made with fresh Cornish milk (300ml)	£2.50
Chocolate, Strawberry, Raspberry or Banana	

SELECTED ALCOHOLIC DRINKS

Glass of wine	from £4.00
Bottle of wine	from £16.00
Spirits	from £3.00

DRAUGHT BEER & CIDER

	½ PINT	PINT
Carlsberg	£2.00	£4.00
Mena Dhu Cornish Stout	£2.15	£4.30
Korev Cornish Lager	£2.15	£4.50
Cornish Orchards Cider	£2.10	£4.30
Heineken	£2.30	£4.60

Bottled beer

	330 ml	550 ml
Various - please ask waiter	£3.50	£4.50
Beck's Blue - alcohol free	£2.90	n/a

LUNCH MENU