

Lunch Menu

SOUP OF THE DAY - with toasted ciabatta & salted butter (v*) £6.50

PANINIS - with root vegetable crisps & coleslaw

Ham, Tomato & Mozzarella	£9.00	Bacon, Brie & Cranberry	£9.00
Tuna Melt, Cheddar & Mayo	£9.00	Cornish Yarg, Apple Chutney & Red Onion (v*)	£8.00
Chicken, Pesto & Mozzarella	£9.00		

WRAPS - with root vegetable crisps & coleslaw

Crispy Chicken, Tomato Salsa Cheddar, Creme Fraiche	£9.50	Chicken Caesar, Bacon, Egg Baby Gem, Caesar Dressing	£9.50
Rump Steak, Cheddar, Gherkins Creme Fraiche, Sauteed Onions	£10.00	Mediterranean Vegetables, Hummus, Olives, Baby Gem	£8.50
Plaice Goujons, Gherkins, Baby Gem, Mayonnaise	£9.50		

BAKED JACKET POTATOS - with baby gem, salad & coleslaw

Tuna Melt, Cheddar (gf)	£9.00	Cheddar, Beans (gf/v*)	£8.50
Bolognese, Cheddar (gf)	£9.00	Cheddar, Beans, Ham (gf)	£9.00

SUPER-LOADED FRIES

Chicken, Bacon & Ranch Sauce	£9.00
Cornish Yarg, Tomato & Red Onion (v*)	£8.50
Polenta Fries, Pickled Red Cabbage, Chimmichurri, Pomegranate & Aioli (v)	£7.50

**PLEASE SEE THE FOLLOWING PAGES FOR MORE OPTIONS, INCLUDING:
KIDS, BURGERS, PIZZAS, SALADS & SIDES**

BURGERS - in a toasted brioche bun with fries

6oz Angus Beef Burger - cheese, bacon, coleslaw (gf*)	£15.50
Spicy Bean Burger - tomato chutney (v*/gf*)	£15.00

PIZZAS - stone cooked pizza dough

Garlic Pizza Bread (v*)	£10.00
Mozzarella, Cheddar, Tomato (v*)	£11.00
Pulled BBQ Jackfruit, Mediterranean Veg, Vegan Cheese, Tomato (v)	£13.00
Pepperoni, Mozzarella, Cheddar, Tomato	£13.00
Ham, Pineapple, Mozzarella, Cheddar, Tomato	£13.00

SALADS

Caeser Salad <i>Little Gem, Chicken, Bacon, Croutons, Egg, Parmesan, Caeser Dressing</i>	£13.50
Sand's Buddha Bowl (v) <i>Roasted Vegetables, Avocado, Vine Tomatoes, Squash, Seeds, Antipasti, Beetroot, Hummus</i>	£12.00
ADD: Mackerel, Prawns, Chicken, Halloumi	+£3.00

SIDES

Fries (v/gf*)	£3.50	Spiced Potato Wedges (v/gf*)	£4.50
Cheesy Fries (gf*)	£4.50	Baby Leaf Salad (v)	£4.00

DESSERTS

Chocolate Brownie, Clotted Cream, Strawberries	£7.00
Sticky Toffee Pudding, Caramel Sauce, Cornish Clotted Cream	£7.50
Strawberry & Cornish Clotted Cream Pancakes	£7.50
Piña Colada (v) <i>roasted rum pineapple - mango & passionfruit sorbet - coconut cream - passionfruit - melon</i>	£7.50
3 Scoops Callestick Farm Ice-Cream <i>Vanilla - Strawberry - Chocolate - Mint Choc Chip - Salted caramel - Blood Orange (df)</i> <i>Mango, Passionfruit & Lime Sorbet - Lemon Sorbet</i> <i>And your choice of: brownie pieces - honeycomb crunch - mini marshmallows - choc or caramel sauce</i>	£7.00

(v) - vegan | (*) - upon request | (gf) - gluten free | (df) - dairy free

Kid's

MEAL DEAL

CHOOSE YOUR SANDWICH: Ham - Cheese - Tuna Mayo
Served with apple, crisps & a juice box

£6.00

FUSILLI PASTA

TOMATO SAUCE & GRATED CHEESE
£6.00

BOLOGNESE & GRATED CHEESE
£7.00

HALF JACKET POTATO

CHEESE & BEANS
£6.00

HAM & CHEESE
£6.00

FISH FINGER WRAP

£7.00

CHICKEN GOUJONS

£7.00

4OZ BEEF BURGER

£7.00

CHEESE ON TOAST

£6.00

CHEESE OR HAM PANINI £6.00

CHOOSE 1 SIDE:

carrot sticks - cucumber sticks - fries
beans - peas - crisps

Additional sides can be added for 50p
per item

DESSERTS

WARM CHOCOLATE BROWNIE £5.50
mini marshmallows

2 SCOOPS ICE-CREAM £5.00
with wafer & chocolate sauce
choose from: vanilla - strawberry - chocolate

EXTRAVEGANZA £6.50
choc chip cookie - vanilla ice-cream - popping candy
chocolate sauce - mini marshmallows - jazzies