

# STARTERS

## **CHARCUTERIE - £7.45**

A SELECTION OF CURED MEATS INCLUDING:  
CHORIZO, PARMA HAM & MILANO SALAMI. SERVED WITH SALAD GARNISH,  
RED ONION MARMALADE & SLICED GHERKINS (GF)(DF)

## **ANTIPASTA - £7.45**

ARTICHOKE HEARTS, PEPPER DEWS, SUN DRIED TOMATOES, AUBERGINE, HUMUS, GREEN BEANS & OLIVES.  
SERVED WITH SALAD GARNISH & BALSAMIC GLAZE (V)(DF)(GF)

## **SOFT SHELL CRAB - £7.45**

BATTERED & DEEP FRIED WHOLE CRAB, SERVED WITH SALAD GARNISH & A SWEET CHILLI DIP.

## **SARDINES - £7.45**

ROASTED IN THE OVEN WITH GARLIC, LEMON, FRESH HERBS & BUTTER. SERVED WITH SALAD  
GARNISH & BREAD.

## **SEAFOOD TRIO - £8.95**

FRESH SMOKED SALMON, SMOKED MACKEREL PATE & SHELL ON PRAWNS.  
WITH GIN & GOOSEBERRY/ELDERFLOWER CHUTNEY & TOASTED CIABATTA.

## **MUSSELS - £8.95**

STEAMED MOULES IN GARLIC, RED ONION, WHITE WINE, BUTTER & PARSLEY SAUCE. WITH FOCCACIA BREAD.

## **GOATS CHEESE CROSTINI - £7.45 (V)**

OVEN BAKED CORNISH GOATS CHEESE BLENDED WITH SUN BLUSHED TOMATO, BASIL & ROASTED GARLIC.  
FINISHED WITH, RED ONION MARMALADE & TOASTED PINE NUTS AND A BALSAMIC GLAZE.

## **1/2 PINT PRAWNS - £6.95 (GF)**

CHILLED 'SHELL ON' PRAWNS, SERVED WITH A POT OF GARLIC & HERB MAYO.

## **HOT GARLIC PRAWNS - £6.95**

'SHELL ON' PRAWNS COOKED IN A GARLIC BUTTER AND WHITE WINE SAUCE, SERVED WITH FOCCACIA BREAD.

# SIDES / EXTRAS

BREAD - £2.45

*FRESH LOCAL BAKER TOM'S ROSEMARY & SEASALT FOCCACCIA WITH BALSAMIC & OLIVE OIL*

OLIVES - £3.95

FRIES £2.95

SWEET POTATO FRIES £3.50

SMALL GREEN SALAD - £4.95

HUMUS - £2.50

## **ALLERGY ADVICE**

PLEASE FEEL FREE TO ASK/INFORM THE WAITING STAFF ABOUT ANY ALLERGIES AND WE WILL TRY OUR BEST TO ACCOMMODATE YOU.  
MOST OF OUR MEALS CAN BE SERVED DAIRY FREE OR GLUTEN FREE WITHOUT BREAD, PLEASE ASK OUR SERVER.

# STONE BAKED PIZZAS

ALL OUR SPECIALITY PIZZAS ARE ALL HAND ROLLED TO ORDER. USING FRESH SOUR DOUGH & INGREDIENTS AND BAKED IN OUR TRADITIONAL WOOD FIRE OVEN

ALL OUR PIZZAS ARE 12" THIN BASE SOUR DOUGH :-

## **GARLIC & HERB - £7.95 (V)**

## **MARGHERITA - £9.95 (V)**

TOMATO SAUCE, MOZZARELLA & FRESH BASIL  
**ADD PEPPERONI £11.95**

## **VEGI - £13.95 (V)**

ARTICHOKE, MUSHROOMS, PIZZA CHEESE, SUN DRIED TOMATO, AUBERGINE, RED ONION & OLIVES.  
GARNISHED WITH FRESH ROCKET  
(VEGAN OPTION AVAILABLE)

## **GOATS' CHEESE - £12.95 (V)**

SUN DRIED TOMATO, RED ONIONS & OLIVES. GARNISHED WITH FRESH ROCKET

## **PAR'WAIIAN - £12.95**

SMOKED BACON, CHICKEN & PINEAPPLE

## **SEAFOOD - £13.95**

SMOKED SALMON, ANCHOVIES, CAPERS, RED ONION, SQUID, MUSSELS, RED ONION & ROSEMARY

## **SMOKEY - £12.95**

CHICKEN, SMOKED BACON, RED ONION, PEPPADEWS & BBQ SAUCE

## **HOT MEAT - £13.95**

CHORIZO, MILANO SALAMI, PARMA HAM, JALAPEÑOS, RED ONION & PEPPADEWS

## **4 CHEESE - £12.95 (V)**

YARG, CORNISH BLUE, CHEDDAR, MOZZARELLA

## **BURGER CALZONE - £14.95**

SAMS BURGER WITH FRIED ONION & BACON.  
WRAPPED AND COOKED INSIDE A MARGHERITA PIZZA. SERVED WITH FRIES & SALAD GARNISH.

## **EXTRA TOPPINGS - £1 EACH**

## **12" GLUTEN FREE PIZZAS - ADD £1.50 (GF)**

(GLUTEN FREE PIZZAS NOT SUITABLE FOR COELIACS)

# MUSSELS

ALL FRESH LOCAL WESTCOUNTRY MUSSELS ARE SERVED WITH FOCACCIA BREAD

**MOULES MARINIERE - £14.95**

GARLIC, RED ONION, WHITE WINE, BUTTER & PARSLEY.  
ADD TIGER PRAWNS - £3

**RED THAI - £15.95**

ADD TIGER PRAWNS - £3

**CORNISH CREAM, CIDER, BACON - £15.95**

ADD TIGER PRAWNS - £3

**MEDITERRANEAN CHORIZO - £15.95**

MIXED VEG/RED PEPPER TOMATO SAUCE, CHORIZO, WINE, GARLIC, RED ONIONS.  
ADD TIGER PRAWNS - £3

## SEAFOOD

PLEASE SEE OUR DAILY SPECIALS MENU FOR MORE SEAFOOD DISHES

**BOUILLABAISSE - FOR 1 £19.95 - FOR 2 - £33.95**

PROVENÇAL STYLE FISH STEW WITH FRESH MIXED FISH, SQUID, MUSSELS, TIGER PRAWNS.  
SERVED WITH ROUILLE & CROUTONS.

**SARDINES - MAIN - £13.50**

SEARED & ROASTED IN THE OVEN WITH FRESH HERBS, ROASTED GARLIC & BUTTER.  
SERVED WITH SALAD GARNISH AND FOCACCIA BREAD.

**SARDINES PROVENÇAL - £14.50**

AS ABOVE COOKED WITH PEPPER/MIXED VEG TOMATO SAUCE, WINE, GARLIC, RED ONION & FRESH HERBS.

**SEAFOOD SPAGHETTI - £15.95**

COOKED IN A RICH MIXED VEG/PEPPER TOMATO SAUCE WITH GARLIC, FISH SAUCE, WINE, MUSSELS,  
PRAWNS & CHORIZO.

**SEAFOOD FEAST SHARER FOR 2 - £39.95**

SARDINES, BATTERED TIGER PRAWN SCAMPI, WHOLE TIGER PRAWNS, CHILLED SHELL ON PRAWNS, SALAD.  
SERVED WITH MAIN SIZE BOWL OF MUSSELS & BREAD.

## MEAT

**SLOW ROAST BELLY PORK - £15.95**

CREAMY MUSTARD MASH, CABBAGE & LEEKS, BLACK PUDDING.  
FINISHED WITH OUR CRISPY CRACKLING, HOMEMADE GRAVY & APPLE CHUTNEY.

**MEATBALLS - £12.95**

PORK & BEEF MEATBALLS IN TOMATO SAUCE WITH SPAGHETTI, RED ONION, BASIL & PARMESAN .

**RIB-EYE STEAK - £21.95**

10oz RIB EYE SERVED WITH TOMATO, FLAT FIELD MUSHROOM, FRIES & SALAD GARNISH. (GF)

**SURF 'N' TURF - £26.95**

10oz RIB EYE, WITH CHILLED SHELL ON PRAWNS & HOT TIGER PRAWNS.  
SERVED WITH FRIES & SALAD GARNISH. (GF)

**CHICKEN BASQUE - £14.95 (GF)**

CHICKEN BREAST, CHORIZO, RED ONIONS, BASIL & NEW POTATOES, COOKED IN THE CHEF'S RED PEPPER/MIXED  
VEG TOMATO SAUCE.

# VEGI

## **HALLOUMI & VEG PROVENCAL- £12.95 (GF) (V)**

PAN FRIED HALLOUMI, SERVED WITH PEPPER/MIXED VEG, BASIL, TOMATO SAUCE, GARLIC BUTTER & NEW POTATOES. FINISHED WITH PINE NUTS & ROCKET.

## **RATATOUILLE - £12.95**

TOPPED WITH PARMESAN CHEESE , SERVED WITH GARLIC BREAD.  
(VEGAN OPTION AVAILABLE)

# SALADS

## **THE BEACH SALAD - £9.95 (GF) (V)**

A MIXED LEAF SALAD, GREEN BEANS, OIL MARINATED ARTICHOKE HEARTS, OLIVES, AUBERGINE, SUN DRIED TOMATO, RED ONION, CUCUMBER, CHERRY TOMATO, PINE NUTS WITH OUR HOMEMADE DRESSING.

ALSO AVAILABLE WITH THE BEACH SALAD :-

## **GOATS CHEESE CROSTINI SALAD - £13.95 (V)**

GOATS CHEESE BLENDED WITH SUN BLUSHED TOMATO, BASIL & ROASTED GARLIC ON A TOASTED CROSTINI. FINISHED WITH BALSAMIC VINEGAR GLAZE, RED ONION MARMALADE & TOASTED PINE NUTS.

## **CHICKEN SALAD - £13.95 (GF)**

FINISHED WITH PARMA HAM AND PARMESAN CHEESE.

## **HALLOUMI SALAD - £12.95 (GF) (V)**

PAN FRIED HALLOUMI

# KIDS

CHEESE & TOMATO PIZZA - £5.50 (V)

BACON & PINEAPPLE PIZZA- £5.95

PEPPERONI PIZZA - £5.95

BATTERED CHICKEN STRIPS & FRIES - £5.95

MUSSELS - £8.95  
WITH FRIES

SPAGHETTI & TOMATO SAUCE - £5.50 (V)  
TOPPED WITH CHEESE

MEATBALLS & SPAG - £6.95

ICE CREAM, SAMS WAFER & CHOCOLATE FLAKE - £2.95

KIDS BEACH BOCCA - £3.95

# DESSERTS

**CHOCOLATE TORTE - £5.50 (GF)**  
CORNISH CLOTTED CREAM

**LEMON MERANGUE ROULADE - £6.50**  
CLOTTED CREAM & RASBERRY COULI (GF)

**WARM CHOCOLATE CHOCO CHIP BROWNIE - £4.95**  
SERVED WITH CORNISH CLOTTED CREAM

**PROFITEROLES - £5.50**  
TOPPED WITH CHOCOLATE SAUCE.

**BOCCA - £4.95**  
ICE CREAM, RASPBERRY COULIS, CHOC SAUCE, MARSHMALLOWS, FLAKED  
CHOCOLATE & A SAM'S WAFER

JUST VANILLA ICE CREAM & FLAKE - £3.50

**TOASTED WAFFLE - £6.50**  
CHOCOLATE SAUCE, RASPBERRY COULIS, FLAKE, MARSHMALLOWS AND ICE CREAM.

**CHEESE BOARD - £9.95**  
CORNISH BLUE, SMOKEY, CHEDDAR, YARG WITH APPLE CHUTNEY & CRACKERS.

**BEACH CHOCOLATE BOCCA SHARER - £12.95**  
CHOCOLATE & VANILLA ICECREAM, CHUNKS OF CHOCOLATE BROWNIE.  
FINISHED WITH WHIPPED CREAM, CHOPPED NUTS, FLAKES, MARSHMALLOWS & SAMS  
WAFERS. (CONTAINS PEANUTS)



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