

Lunch
SEAFOOD CAFE

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You choose....

Each day we have a selection of fresh local seafood, prime cornish meats & free range poultry for you to choose from. Simply make your selection from our display cabinet and add your choice of side order and sauce from the blackboard.

Alternatively you can choose from our menu of starters, light lunches & mains

Starters & Light Lunches

Soup of the day granary or garlic bread	4.95
Seafood cafe fish chowder crispy bacon & granary or garlic bread	6.50
Seared local scallops butternut squash puree, black pudding, crispy kale	8.95
Crab bake fresh cornish crab, creamy mushroom sauce	7.95
Fresh local mussels mariniere or in a coconut, chilli & coriander broth, granary bread	7.75
Salt & pepper squid asian dipping sauce	6.95
Char grilled sardines toasted crostini, salsa verde	6.25
Cornish fish cakes tartare sauce	6.50
Seafood cafe prawn cocktail marie rose & granary bread	7.50
baked goats cheese poached pear, pickled walnut salad	6.50
Chicken liver parfait apple chutney, toasted ciabatta	6.25
Cajun spiced prawn salad mango, pumpkin seeds & rocket	7.50
Whitebait fritters roasted garlic aioli	5.95

Lunch

Seafood Cafe fish pie cornish white fish, smoked haddock & prawns topped with creamy parmesan mashed potato	11.95
Beer battered fish & chips tartare sauce & mushy peas	10.50
Devilled fillets of local mackerel heritage tomato salad	9.95
Oven baked fillet of hake wrapped in parma ham served with colcannon potato & hollandaise sauce	13.95
Fillet steak ciabatta horseradish mayonnaise & homemade chips blue cheese - 1.00	9.95
Herb crusted fish burger tartar sauce & homemade chips	9.50
Moules frites fresh local mussels & homemade chips	9.95
Chargrilled halioumi ciabatta roasted peppers, rocket, toasted pinenuts & sweet potato wedges	9.25
Chicken ceasar salad herb croutons	8.95
Baked fillet of salmon potato fondant, spinach, dill beurre blanc	13.50
Crab linguini hand picked cornish crab, chilli, garlic & lemon	12.95

Sides

Crusty bread balsamic & olive oil	2.95	Roasted new potatoes with garlic & rosemary	2.75
Marinated olives	2.95	Homemade chips	2.75
Garlic bread	2.50	Creamy mashed potato	2.75
Mixed leaf salad	3.50	Parmesan mash	2.75
Mixed salad	3.95	Dauphinoise potatoes	2.95
Greek salad	4.95	Seasonal vegetables	3.95
Rocket salad shaved parmesan	4.50	Sweet potato wedges	2.95

Coffee

Flat white	2.30 / 2.50
Americano	2.30 / 2.50
Cappuccino	2.40 / 2.60
Espresso	2.10
Double espresso	2.50
Macchiato	2.10
Café latte	2.60
Mocha coffee	2.65
Mug of hot chocolate	2.50
Pot of tea	2.25
Speciality teas	2.25

Beers Cider & Soft Drinks

Estrella damn	3.75
Peroni nastro azzuro	3.75
Tiger beer	3.75
Tribute Cornish pale ale 500ml	4.75
Korev Cornish lager 500ml	4.75
West country cider 500ml	4.95
Eureka A.P.A 500ml	4.75
Coke - Diet Coke - Lemonade	2.50
Orange, Cranberry, Apple juice	2.50
Elderflower presse	2.95
Fanta orange	2.50
Ginger beer	2.95
Cornish mineral water - small	2.30
Cornish mineral water - large	3.50

Some of our recipes at the seafood cafe may contain nuts, if you have any allergies or special dietary requirements we will be pleased to help