## **STARTERS & MEZZES**

| Garlic dough bread   | 3.75  |
|--|-------|
| Tzatziki & garlic bread Greek yoghurt with mint, garlic & cucumber                               | 5.50  |
| Houmous & garlic bread (N) Chickpeas & sesame seeds blended with garlic, olive oil & lemon juice | 5.50  |
| Vegetarian Mezze (N)   | 13.75 |

Homemade spicy koftas, feta, olives, tzatziki, houmous, tomatoes, caper berries, garlic bread with sesame seeds

## **SIDES**

| Rocket & parmesan salad (GF)  | 4.95 |
|---|------|
| <b>Greek side salad</b> (GF)  | 4.95 |
| <b>Mixed salad</b> (GF)<br>Mixed leaves with cherry tomatoes,<br>cucumber, peppers & house dressing | 4.95 |
| Coleslaw  | 3.75 |
| Chips - fries   | 3.95 |
| Chips - cheesy chips  | 5.75 |
| Chips - with truffle oil  | 5.75 |
| Sweet potato fries  | 4.75 |
| <b>Green olives</b> Sicilian green jumbo olives   | 5.50 |

## **SANDWICHES**

**BLT** 11.75 Bacon, lettuce, tomato, mayonnaise & chips with a choice of white or granary bread

Sweet potato fries - 1.00 supplement





All pizzas are 10" & made with a rich tomato, garlic & herb sauce - available with fresh chillies on request

11.25

11.75

11.75

| Mushroom & truffle oil        | 10.50     |
|-------------------------------|-----------|
| Mozzarella, mushrooms, tomato |           |
| sauce, oregano & truffle oil  |           |
| with vegan mozzarella         | 1.00 supp |
|                               |           |
| Pepperoni                     | 11.75     |
| Lightly spiced pork sausage   |           |
| with mozzarella & olives      |           |
|                               |           |
| Ham & tomato calzone          | 12.50     |
| Vine tomato, ham, mozzarella, |           |

garlic, parmesan & cream

• mushrooms • capers • onions olives • tomato • spinach

> • peppers • egg 1.40

Mediterranean goat's cheese Sun-dried tomatoes, fresh tomatoes, mushrooms, peppers, capers, olives,

Greek pizza (N)

garlic, oregano & onion

Tzatziki, feta cheese, fresh tomatoes, peppers, onions, sesame seeds, olives & oregano

Merguez & tzatziki

Spicy beef & lamb sausage, spinach, onions, peppers, garlic & mozzarella topped with cooling tzatziki

### **EXTRAS ON PIZZAS**

· mozzarella · bacon · sausage · black pudding • ham • tzatziki • walnuts • sun-dried tomatoes

• feta cheese • merguez • pepperoni • chorizo • rocket 1.75

Rocket & prosciutto ham

Rocket leaves, parmesan, sun-dried tomatoes, basil oil, capers & prosciutto

12.50

11.75

11.25

Chorizo

Spanish pork sausage, mozzarella, olives & chillies

Clive's Spinach & cheese calzone 12.50 Spinach, mozzarella, parmesan & cream

Vegan Pizza (N) (V)

Vegan mozzarella, walnuts, peppers, mushroom, spinach, olives, tomatoes, garlic, oregano & chillies

> • goat's cheese • monterey jack • trout prosciutto ham 3.75

## BURGERS

Gluten free buns - available on request - 50p supplement

**6oz Ground steak burger** 14.50

Cooked medium rare with tomato, lettuce, red onion & gherkin

Naked 6oz ground steak burger (GF) 13.00

With tomato, lettuce, red onion, gherkin & a dollop of tzatziki with no bun

Vegan burger (N) (V) 13.50

Homemade veggie burger with houmous, piquillo pepper, tomato, lettuce & gherkin served in a seeded bun

Vegan hot dog (V) 11.00

Served with fried onions in a baguette

All served with a choice of fries, sweet potato fries (£1 supp.), superfood salad or coleslaw or two sides - extra 2.75 extra toppings: vegan mozzarella, bacon, cheddar, monterey jack, mozzarella, chorizo, tzatziki, houmous, piquillo peppers 1.75 ea

## SALADS

### **FULLY SUSTAINABLE FISH**

our farmed trout is as close to wild as possible, reared in spring fed natural fresh water lakes in north Cornwall

17.75

13.75

13.75

10.50

### **Seared trout superfood**

salad (N) (GF)

Roasted trout fillet with edamame beans, quinoa, greens, chickpeas, cranberry, mint, chia seeds with lemon, olive & sesame oil dressing

### Nuyu superfood salad & feta (N) (GF) 11.75

Edamame beans, quinoa, kale, chickpeas, cranberry, mint, chia seeds, feta with lemon, olive & sesame oil dressing

### Goat's cheese & walnut salad (N)

Baked goat's cheese with mixed leaves, cherry tomatoes, walnuts, croutons & a balsamic dressing

### **Rocket & prosciutto salad (GF)**

Sundried tomatoes, parmesan, capers & basil oil

#### **Greek salad** 10.75

Cucumber, tomato, feta cheese, peppers, onions, olives, oregano, olive oil & garlic bread

#### Merguez 12.75

Spicy lamb & beef sausages roasted with peppers, spinach, onion, garlic & chillies with couscous, mixed leaves & tzatziki

# PASTA Our pasta is not gluten free

Served with a choice of spaghetti or courgetti

#### **Bolognese** 11.00

**Tomato, peppers & mushroom (V)** sauce with black olives

with feta

11.50

## STEAK

### Rib-eve steak

26.50

Thirty day matured 225g steak, cooked medium rare with thyme butter, served with chips, rocket & cherry tomato salad 1.50

**Peppercorn or Bearnaise sauce** 

**ALL DAY BREAKFAST - PTO** 

## **HEALTHY START**

Superfood porridge (GF) 5.50 Organic quinoa, oats, apple juice, greek yoghurt & cinnamon, chia seeds & mango purée - Served cold with fresh fruit 8.50

## TRADITIONAL BREAKFAST

| Full English breakfast Oxford sausage, free-range egg & bacon, mushrooms, garlic sautéed potatoes, baked beans & toast           | 12.50 |
|--|-------|
| Extras: Black pudding, bacon, sausage or egg   | 1.50  |
| <b>Vegan breakfast</b> (V)<br>Spicy koftas, vegan frankfurter,<br>mushrooms, baked beans, tomatoes,<br>& toast with vegan butter | 11.00 |
| Vegetarian breakfast Two free-range eggs, spicy koftas, mushrooms, baked beans, garlic sautéed potatoes & toast                  | 10.50 |
| Ham, eggs & chips (GF) Honey roast ham with two fried eggs & chips   | 11.50 |
| with hollandaise   | 13.50 |
| Cherry tomatoes on toast Roasted with virgin olive oil & balsamic vinegar  | 9.75  |
| Waffle & maple syrup With fresh berries  | 9.75  |
| Eggy bread Slice of granary eggy bread with cinnamon & maple syrup   | 8.75  |
| with bacon   | 10.75 |
| <b>Toasts</b> Granary or white with butter or vegan butter   | 1.50  |
| With jam, marmalade, marmite   | 2.50  |

Gluten free toast available -

**50**p supplement



## CLASSICS

#### Shakshuka Avocado crushed on toast 9.75 Baked free-range eggs in a spicy tomato, red pepper, onion, With cherry tomatoes, feta cheese, chillies & lime. garlic & cumin sauce, topped with feta cheese with toast Choice of granary or white With merguez sausage 13.85 With a fried free range egg 11.25 Pancakes vegan (N) (V) 11.00 Kedgeree 13.50 Five american style pancakes served with blueberries, Curried basmati rice, line caught undyed smoked maple syrup & pecan nuts haddock, onion, sultanas, cream, boiled free range With yoghurt (2.50 supp) or bacon (2.50 supp) egg & croutons

## **OMELETTES**

### Arnold Bennett omelette (GF)

Classic omelette with undyed smoked line caught haddock, with herbs & a hint of cheese (the writer Arnold Bennett's favourite, whilst staying at the Savoy Hotel)

### Omelette with any two fillings (GF) Omelette with any three fillings (GF)

Mozzarella, tomato, mushrooms, peppers, feta cheese, spinach, bacon, chorizo, ham, sausage, black pudding, onion. Chillies on request

## **BREAKFAST SANDWICH**

of bacon & an Oxford sausage

Bacon, lettuce, tomato, mayonnaise & chips with a choice of white or granary bread

Bacon bap

## 12.85

### Egg, bacon & sausage sandwich

Toasted granary or white, with fried egg, rashers

11.75

6.00 Butterd bap with free range bacon

# FRESHLY MADE JUICES TO ORDER £5.95

Orange, carrot & ginger

Kale, spinach, cucumber & apple

Apple, pear, ginger & lime

10.75

11.75

Apple, celery & carrot

Mint, pineapple, orange, carrot & lime

### CREATE YOUR OWN JUICE FROM THE FOLLOWING FRUIT & VEG:

Pear, apple, carrot, ginger, kale, pineapple, orange, celery, spinach, cucumber & mint

**GINGER SHOT 3.00** 

### COFFEE

All our coffees are double shots.

| Cappuccino                                   | smal                     | 3.20 |
|--|--------------------------|------|
|  | two double shots - large | 4.75 |
| <b>D</b> ouble espre                         | SS0                      | 3.20 |
| Latte  |                          | 3.50 |
| Americano                                    |                          | 2.80 |
| Macchiato                                    |                          | 2.80 |
| Mocha  |                          | 3.20 |
| Iced coffee w                                | ith cream                | 3.75 |
| Oat milk milk available on request 40p supp. |                          |      |

## HOT CHOCOLATE

| Hot chocolate          | 3.75 |
|------------------------|------|
| Hot chocolate, whipped | 4.75 |
| cream & marshmallows   |      |

## TEA

Loose leaf teas served in a fusion pot 3.75

### Breakfast tea

Traditional blend of assam from India's finest tea gardens, a tea with satisfying full flavour

### **Earl Grev**

Finest black tea with delicious natural Sicilian bergamot oil, decorated with delicate blue cornflower petals

### Mint tea

Fresh mint & gunpowder tea

### **Chamomile & Lavender**

Herbal infusion

### Green tea

Full of minerals & antioxidants, it has mellow nutty taste & fragrant sweet aroma

### **Blackcurrant pop**

Tart & intense flavours of blackcurrants & raisins are blended with elderberries, candied pineapple chunks & hibiscus blossoms

HAPPY HOURS SELECTED COCKTAILS £5.75 5.00 - 7.30pm every day

10.75