## STARTERS \& MEZZES

Garlic dough bread
Tzatziki \& garlic bread
Greek yoghurt with mint, garlic \& cucumber

Houmous \& garlic bread (N)
Chickpeas \& sesame seeds blended with garlic, olive oil \& lemon juice

## Vegetarian Mezze (N)

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

## SIDES

Rocket \& parmesan salad (GF) $\quad 4.95$

## Greek side salad (GF)

Mixed salad (GF)
Mixed leaves with cherry tomatoes, cucumber, peppers \& house dressing

## Coleslaw

Chips - fries 3.95
Chips - cheesy chips
Chips - with truffle oil
Sweet potato fries
Green olives
Sicilian green jumbo olives

## SANDWICHES

## BLT

Bacon, lettuce, tomato, mayonnaise \& chips with a choice of
white or granary bread
Sweet potato fries - 1.00 supplement with a soft drink 6.00

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


Gluten free buns - available on request - 50p supplement
6oz Ground steak burger 14.50
Cooked medium rare with tomato, lettuce, red onion \& gherkin
Naked $60 z$ 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 (£l 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
10.50
.00 supp

$$
11.75
$$

12.50 Spicy beef \& lamb sausage, spinach, onions, peppers, garlic \& mozzarella

## EXTRAS ON PIZZAS

mozzarella • bacon • sausage • black pudding

- ham • tzatziki • walnuts • sun-dried tomatoes 1.75


## BURGERS



## 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

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) $\quad 11.75$ Edamame beans, quinoa, kale, chickpeas, cranberry, mint, chia seeds, feta with lemon, olive \& sesame oil dressing

Goat's cheese \& walnut salad (N) 13.75

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

## Merguez

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

PASTA our pasatis sot tuuer tree
Served with a choice of spaghetti or courgetti
Bolognese
Tomato, peppers \& mushroom (V) 10.50 sauce with black olives
with feta11.50

## STEAK

Rib-eye steak
Thirty day matured 225 g steak, cooked medium rare with thyme butter, served with chips, rocket \& cherry tomato salad
Peppercorn or Bearnaise sauce

## ALL DAY BREAKFAST - PTO

## HEALTHY START

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

## TRADITIONAL BREAKFAST

## Full English breakfast

Oxford sausage, free-range egg \& bacon, mushrooms, garlic sautéed potatoes, baked beans \& toast
Extras: Black pudding, bacon, sausage or egg

Vegan breakfast (v)
Spicy koftas, vegan frankfurter mushrooms, baked beans, tomatoes, \& toast with vegan butter

Vegetarian breakfast
Two free-range eggs, spicy koftas mushrooms, baked beans, garlic sautéed potatoes \& toast

Ham, eggs \& chips (GF)
Honey roast ham with two fried eggs
\& chips
with hollandaise
Cherry tomatoes on toast
Roasted with virgin olive oil
\& balsamic vinegar
Waffle \& maple syrup
With fresh berries
Eggy bread
Slice of granary eggy bread with cinnamon \& maple syrup with bacon

## Toasts

Granary or white with butter
or vegan butter
With jam, marmalade, marmite

Gluten free toast available -
50p supplement


## Shakshuka <br> Baked free-range eggs in a spicy tomato, red pepper, onion, garlic \& cumin sauce, topped with feta cheese with toast With merguez sausage

Pancakes vegan (N) (V)
Five american style pancakes served with blueberries, maple syrup \& pecan nuts
With yoghurt ( 2.50 supp) or bacon ( 2.50 supp)

## 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
11.85 Avocado crushed on toast

With cherry tomatoes, feta cheese, chillies \& lime. Choice of granary or white
With a fried free range egg
Kedgeree
Curried basmati rice, line caught undyed smoked haddock, onion,sultanas, cream, boiled free range egg \& croutons

## BREAKFAST SANDWICH

Egg, bacon \& sausage sandwich
toasted granary or white, with fried egg, rashers of bacon \& an Oxford sausage

BLT
Bacon, lettuce, tomato, mayonnaise \& chips
with a choice of white or granary bread
Bacon bap
Butterd bap with free range bacon


## COFFEE

All our coffees are double shots.

## Cappuccino

Double espresso
Latte 3.50
Americano 2.80
Macchiato 2.80
Mocha
3.75

Oat milk milk available on request 40 p supp.

## ноТ CHOCOLLTE

## Hot chocolate 3.75

Hot chocolate, whipped 4.75 cream \& marshmallows

## TEA

Loose leaf teas served in a fusion pot

## Breakfast tea

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

## Earl Grey

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

## Mint tea

resh 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

HAPPYHOURS
SELECTED COCKTALS 25.75 5.00-7.30pm every day

