

LUNCH MENU

SERVED 12-4PM

STARTERS & SMALL PLATES

SOUP OF THE DAY (GF/DF*) with rosemary focaccia	£8
PARMESAN AND HERB ARANCINI (V) tomato and basil sauce garlic aioli	£8
BUTTER MILK FRIED CHICKEN (GF*) with pickled vegetables and chilli, red pepper mayo	£8
MARINATED BEETROOT SALAD (VG*/DF*) crumbled goats' cheese, candied walnuts, red onion marmalade	£8

SANDWICHES

ECC AND CDESS MAYO (SEX)

Sandwiches served on white or granary bloomer with vegetable crips and leaves

EGG AND CRESS MAYO (GF*)	£11
CORONATION CHICKEN AND BABY GEM (GF*)	£12
CHEESE AND SPRING ONION MAYO (GF*)	£11
SMOKED SALMON (GF*/DF*) cucumber, lemon cream cheese and dill	£12
BUTTERMILK CHICKEN WRAP (GF*/DF*) shredded baby gem, red pepper mayo,	£12.5

CHILDREN'S SANDWICHES

Served with crisps £6.5

HAM SANDWICH (GF*/DF)

pickled chillis and red onion

CHEESE SANDWICH (GF*)

JAM SANDWICH (GF*/DF)

MAINS

TERIYAKI SALMON (DF) Korean cucumber salad, spring onions	£16
CHICKEN CAESAR SALAD (GF*/DF*) grilled chicken breast, focaccia croutons, anchovies and Caesar dressing	£16
BUTTERNUT SQUASH AND SWEET POTATO TAGINE (VG/GF*) couscous, coconut yogurt and pickled red onion	£19
BEER BATTERED FISH AND CHIPS (DF*) mushy peas, chip shop curry sauce and tartar (We donate £1 from every dish sold to The Wave Project!*)	£20
1KG OF CORNISH MUSSELS (GF^\star/DF^\star) spring onions, white wine and cream sauce, house bread	£20
6OZ WESTCOUNTRY BEEF BURGER (GF*/DF*) burger bun, Emmental cheese, pickled red onion, burger sauce and slaw	£18

DESSERTS

Whipped mascarpone cheese, chocolate and masala	£8
TRIPLE CHOCOLATE BROWNIE (GF) Chocolate sauce, clotted cream or ice cream	£8
VANILLA PANNA COTTA (GF)	£8

CALLESTICK FARM ICE CREAM AND SORBET
One Scoop - £3 Two Scoops - £5 Three Scoops - £6.5
Belgium Chocolate, Clotted Cream Vanilla (VG*) Coconut (VG) Salted
Caramel, Strawberry, Blood orange sorbet (VG) Lemon sorbet (VG)

Please advise the team of any intolerances or allergies. Whilst we will advise on dish ingredients, we cannot guarantee against traces or any cross contamination throughout the kitchen. We try and source as much produce as possible from the local area. Vegan desserts available, please ask your server.

A discretionary 10% service charge will be applied to your bill.

(V) - Vegetarian (DF*) - Dairy Free Option Available (VG) - Vegan

(GF) - Gluten Free

(VG*) - Vegan Option Available (GF*) - Gluten Free Option Available



*We are proud to be supporting The Wave Project, a charity providing mental health services to children and young people through their NHS-prescribed Surf Therapy courses.