

Welcome to The Truro

Our food is freshly made with pride and love everyday. We use the best ingredients we can find. Our closely guarded recipes and unique spice blends have been refined and handed down through generations.

We're proud of our food and want you to enjoy it, we think it's best enjoyed when shared with friends and family.

If you have any questions, please ask your waiter.

STARTERS

GRILLED CAPE CALAMARI ④

Calamari rings served in a blend of our signature sauces.
£9.49

GRILLED HALLOUMI ②

Grilled halloumi served with a sweet chilli sauce.
£5.95

CHICKEN LIVERS ④

Spicy chicken livers served with our home-made spicy liver sauce. Served with a Truro roll.
£8.49

CHEESY GARLIC ROLL ⑥

Home-made garlic sauce on a Truro roll with cheese.
£4.95

BEIRA WINGS ④

6 chicken wings marinated in Mozambican spices and served in a blend of our signature sauces.
£5.95

BRAAI CHOPS ④

5 char-grilled baby lamb chops. Seasoned with our exclusive Truro spice blend. Served well-done.
£13.95

SALADS

PEAR SALAD ④

Caramelised pear, roasted sweet almonds, avocado (seasonal) tomato, mixed peppers, onions and fresh mixed greens with a drizzle of our home-made honey mustard dressing.

£5.95 Single / £13.95 Family

GREEK SALAD ③

Fresh lettuce, tomatoes, cucumber, olives onion, tomato and feta cheese with our home-made greek dressing.

£4.95 Single / £12.95 Family

CRUNCHY PECAN & PINE SALAD ④

Crispy vegetables topped with feta cheese, pineapple, carrots and pecans with our home-made mustard and salad cream dressing.

£6.95 Single / £14.95 Family

CHICKEN

Our chickens are marinated, roasted then grilled to order and served with chips or rice. Choose between our homemade sauces, rich lemon butter or spicy peri-peri.

SIGNATURE MAPUTO CHICKEN ④

Spicy Mozambican marinade.

1/4 Chicken - £8.49

1/2 Chicken - £12.49

Full Chicken - £16.49

2x Breast Fillet - £10.49

SIGNATURE JOZI CHICKEN ④

Mild Tikka marinade.

1/4 Chicken - £8.49

1/2 Chicken - £12.49

Full Chicken - £16.49

2x Breast Fillet - £10.49

SIGNATURE PLATTERS

These platters are what we are known for and are perfect for sharing. Freshly prepared and cooked to order on our grill, they are served with rice. Choose between our homemade sauces, rich lemon butter or spicy peri-peri.

PLATTER FOR 1

6 Prawns,
quarter chicken

£19.95

PLATTER FOR 2

12 Prawns,
half a chicken

£38.95

SEAFOOD MIX

12 Prawns, 2 portions Calamari,
2 portions of Cod

DESSERTS

Our deeply indulgent desserts are a mix familiar classics with new twists. All are freshly made by our chef.

ICED-CREAM NUT CAKE

A decadent vanilla iced-cream nut cake, served with a rich chocolate sauce.

£8.95

LOTUS BISCOFF CHEESECAKE

A biscoff cheesecake delicacy, drizzled with lotus sauce and served with ice cream.

£6.95

MALVA PUDDING

Our authentic Malva Pudding, a South African classic served with a drizzle of custard and ice cream.

£6.95 (Extra custard + £0.49)

CLASSIC ICE CREAM

Creamy vanilla soft serve ice cream, served with chocolate sauce.

£2.49

DRINKS

SOFT DRINKS

Small/Large Still Water	£2.50/4.00
Small/Large Sparkling Water	£2.50/4.00
Salaam Cola	£2.50
Salaam Diet Cola	£2.50
Salaam Yemenade	£2.50
J20 Apple & Raspberry	£3.00
J20 Orange & Passion fruit	£3.00
J20 Mango & Apple	£3.00

NON-ALCOHOLIC MOCKTAILS

Classic Mojito	£5.95
Strawberry Mojito	£6.49
Passion Mojito	£6.49
Lychee Mojito	£6.49
Mango Mojito	£6.49
Blue Lagoon Mojito	£6.49
Truro Treasure	£6.49
Mojito Jug	£24.95

MILKSHAKES

Ferrero Rocher	£6.95
Kinder Bueno	£6.95
Oreo	£6.95
Coffee	£6.95
Mango	£6.95

JUICES

Apple	£2.50
Orange	£2.50
Tropical	£2.50
Passion fruit	£2.50
Mango	£2.50
Pineapple	£2.50

NON-ALCOHOLIC MIXOLOGY

Mango Daquiri	£6.95
Strawberry Daquiri	£6.95



THREE GENERATIONS, TWO CONTINENTS, ONE PLATE

In 1860, a ship called The Truro embarked on an epic voyage from Madras headed for Port Natal. An enthusiastic group of South Asians emerged onto the unfamiliar shores of South Africa and a vibrant and enduring community was born.

Our restaurant is a living tribute to the cultural richness of those early pioneers and their legacy. It is a celebration of Indo African tastes; combining flavours from South Asia and South Africa.

BE PART OF OUR JOURNEY

@thetrurorestaurantuk | info@thetruro.co.uk | www.thetruro.co.uk



All items are certified
Halal (HMC)

Items on this menu may contain nuts, eggs, shellfish and other allergens. Please inquire with our staff if you have any dietary restrictions or need allergen information. Make sure to inform the staff if you have any dietary restrictions or allergies. Please note that the menu is subject to change and the above prices include VAT.