



takeaway lunch

served between
12:00pm & 3:00pm

ORDER ON 01720 423719

OR @ FACEBOOK/DIBBLEANDGRUB advance orders only

Meals

Grub Bowl	£9.00
Mixed salad with quinoa salad, avocado, sunblush tomatoes, hummus, roasted chickpeas, falafel & mixed olives GF V	
Greek Salad	£7.90
Mixed salad bowl topped with feta cheese and Kalamata olives dressed with fresh lemon, Greek herbs & olive oil GF VO	
Avocado, Beetroot & Halloumi Salad	£8.00
Mixed salad bowl with avocado, roasted beetroot, sunblush tomatoes, fried halloumi, fresh herbs, seeds & a sweet chilli dressing GF VO	
Pork Souvlaki	£9.50
Greek marinated Cornish pork skewer served in pitta bread with salad & homemade tzatziki GFO	
Falafel Wrap	£8.00
Lebanese flatbread stuffed with falafel, hummus, salad, moor-slaw, tahini sauce & chilli sauce GFO V	

Sandwiches

Choose from fresh local granary bread, toasted Italian pocket bread, or gluten free bread (toasted or fresh)	
West country free range chicken, caramelised onions & crispy Cornish bacon in mayo	£7.50
Silly free range egg mayonnaise with crispy Cornish bacon bits (or sunblush tomatoes)	£6.50
Coronation Chickpea: curried chickpeas & pickles in smashed avocado, with spinach V	£6.00
Cornish ham & Cornish cheddar, tomato, spinach, red onion & garlic mayonnaise	£6.90
Mushroom, spinach, chilli cheese and garlic mayonnaise V	£6.50

Homemade Burgers

Vegetarian "Fish Finger" Roll	£7.50
Breaded halloumi fingers with lettuce and mayonnaise in a soft roll GFO VO	
Homemade Beef Burger	£8.00
Cornish beef burger with Cornish brie, tomato, red onion, lettuce & garlic mayonnaise GFO	
Moroccan spiced Bean Burger	£7.90
Vegan burger with hummus, onion relish, tomato sauce and salad GFO V	
Sweet Potato & Butterbean Burger	£7.90
Spiced veggie burger with red onion marmalade, goats cheese, coriander, lettuce & mayo GFO VO	

GF = made with no gluten containing ingredients
GFO = can be made without gluten containing ingredients
V = vegan
VO = Adaptable for Vegan Option

Tapas

Para Picar

D&G Mix Olives GF V	chilli & garlic marinated pitted Kalamata and green olives	£3.00
La Verde Organic Olives GF V	organic pitted green olives with wild garlic and basil	£3.50
Kasbah Organic Olives GF V	organic mixed olives marinated in the flavours of the Levant	£3.50
Almendras con Piementon GF V	roasted almonds with Spanish smoked paprika	£3.00
Herb Roasted Nuts & Seeds GF V	roasted with rosemary & olive oil & salt	£2.00
Maiz frito GF V	Spanish fried, salted corn	£2.50
Piquitos Camperos GFO V	breadsticks from award winning family baker in Malaga	£2.50
Ciabatta GFO V	warm bread served with dukkah spice dip and olive oil	£3.00
Pitta Bread GFO V	Greek pitta bread warmed on the grill	£2.50
Hummus GF V	middle eastern chickpea dip flavoured with garlic and lemon	£2.50
Babaganoush GF V	East Mediterranean roast aubergine dip	£2.90
Tzatziki GF	Greek yogurt dip with cucumber and mint	£2.50
Pea Hummus GF V	hummus style dip with green pea and mint	£2.50
Dolmades GF V	vine leaves stuffed with flavoured rice	£3.00
Sweet Chilli Peppers with Cheese GF	mild peppers filled with soft cheese	£3.50
Banderilles GF	skewered pimento olives wrapped in anchovy	£3.00
Cornish Gouda GF	diced Cornish full-flavoured cheese	£3.50

Ensalada

Moor-slaw GF V	Moorish inspired coleslaw dressed with lemon & sumac	£3.50
Couscous Salad V	cooked with cherry tomatoes, olives & basil	£3.90
Salad Bowl GF V	mixed salad dressed with light vinaigrette	£3.00
Tomato & Feta Salad GF	vine tomatoes, feta, fresh basil & balsamic dressing	£3.90
Insalata Caprese GF	Italian buffalo mozzarella, vine tomato, fresh basil & olive oil	£4.50
Greek Lentil Salad GF V	puy lentils & borlotti beans in onion & herb dressing	£3.90
Colourful Quinoa Salad GF V	quinoa, chickpeas & bright salad ingredients	£3.50
Mixed Bean Salad GF V	cannellini, borlotti, kidney & green beans with fresh dressing	£3.90
Carciofi GF V	artichokes hearts marinated in lemon & garlic	£3.50
Piquillo Peppers GF V	peppers marinated with garlic, sherry vinegar & parsley	£3.50

Montaditos

Boquerones GFO	fresh marinated anchovy fillets on toasted ciabatta	£4.50
Prosciutto GFO	Italian cured ham on toasted ciabatta with garlic & tomato	£4.50
Fresh Tomato GFO V	seasoned tomato & basil on toasted ciabatta with garlic	£4.50

Calientes

Saganaki GF VO	Cypriot halloumi cheese pan-fried in olive oil	£4.00
Spanish Tortilla GF	potato & onion cooked with local eggs	£4.50
Stuffed Tortilla GF	Spanish tortilla filled with <i>manchego</i> , <i>prosciutto</i> or <i>anchovy</i>	£5.50
Falafel balls GF V	Lebanese chickpea cakes dressed with tahini sauce & chilli sauce	£4.50
Veggie 'fish fingers' GF V	pan-fried breaded halloumi sticks	£4.50
Potato Wedges GF V VO	with chilli relish v or garlic mayo vo	£4.20