



take-away

BRUNCH

served from 11:00am – 12:00pm

Breakfast ciabatta: Scilly free range egg mayo, Cornish ham, Swiss cheese, tomato & spinach £7.50

NEW! Toasted muffin filled with – cream cheese & avocado £6.00

– scrambled Scilly free range eggs, bacon & mushroom £7.50

– homemade baked beans & vegan halloumi v £7.00

Muesli pots: homemade granola topped with fresh apple juice, Greek yoghurt & fresh fruit £5.50

LUNCH

served from 12:00pm – 2:00pm

Sandwiches

Choose from fresh local granary bread, toasted in Italian pocket bread, or gluten free bread (toasted or fresh)

West country free range chicken, caramelised onions & crispy bacon in mayo £7.00

Scilly free range egg mayonnaise with crispy bacon bits (or sun-blushed tomatoes) £5.50

Coronation chickpea: curried chickpeas & pickles in smashed avocado, with spinach v £5.50

Homemade hummus & feta with tomato, red onion & mixed leaves vo £5.50

Cornish ham & Cornish cheddar with tomato, spinach, red onion & garlic mayonnaise £6.50

Meals

NEW! Grub Bowl GF V £9.00

Big bowl of goodness filled with salad, quinoa salad, avocado, roast chickpeas, sun-blushed tomatoes, hummus, falafel & olives

Greek Salad GF VO £7.50

Mixed salad bowl topped with feta cheese and Kalamata olives dressed with fresh lemon, Greek herbs & olive oil

Avocado, Beetroot & Halloumi Salad GF VO £8.00

Mixed salad bowl with avocado, roasted beetroot, sun-blushed tomatoes & halloumi with a sweet chilli dressing finished with fresh herbs and toasted seeds

Pork Souvlaki GFO £9.00

Greek marinated Cornish pork skewer served a large wrap with salad & homemade tzatziki

Falafel GFO V £8.00

Lebanese chickpea balls served in flatbread with hummus, salad, tahini sauce & chilli sauce

Homemade Burgers

Vegetarian "Fish Finger" Roll GFO VO £7.50

Breaded halloumi fingers with lettuce & mayonnaise

Homemade Beef Burger GFO £8.00

Cornish beef burger with Cornish brie, tomato, red onion, lettuce & garlic mayonnaise

Moroccan spiced Bean Burger GFO V £7.50

Vegan burger with hummus, onion relish, tomato sauce & lettuce

Butternut Squash Burger GFO VO £7.50

Spiced squash and butterbean burger with red onion marmalade, goats cheese, coriander, lettuce & mayonnaise

Sides

Potato Wedges GF V £4.20

Pan-fried Halloumi GF £4.00

Hummus & Pitta Bread GFO V £5.00

Dolmades GF V £2.50

Sweet Chilli Peppers with Cheese GF £3.50

Colourful Quinoa Salad GF V **NEW!** £3.50

Mixed Bean Salad GF V **NEW!** £3.50



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DINNER

served from 5:00pm – 8:00pm

Ciabatta GFO V	oven warmed bread	£2.90
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
Tzatziki GF	Greek yogurt dip with cucumber and mint	£2.50
Dolmaðes GF V	vine leaves stuffed with flavoured rice	£2.50
Sweet Chilli Peppers with Cheese GF	sweet peppers stuffed with soft cheese	£3.50
Salad Bowl GF V	mixed salad dressed with light vinaigrette	£3.00
Tomato & Feta Salad GF VO	vine tomatoes, feta, fresh basil & balsamic dressing	£3.90
Insalata Caprese GF	Italian mozzarella, vine tomato, fresh basil & olive oil	£4.50
Greek Lentil Salad GF V	puy lentils & borlotti beans in onion & herb dressing	£3.50
NEW! Colourful Quinoa Salad GF V	quinoa, chickpeas & bright salad ingredients	£3.50
NEW! Mixed Bean Salad GF V	cannellini, borlotti, kidney & green beans with fresh dressing	£3.50
Moroccan Chickpea Stew GF VO	chickpeas and vegetables in spicy tomato sauce	£4.90
Lentejas GF V	Spanish braised lentils	£4.00
Pork Souvlaki Skewer GF	pork kebab marinated in lemon, garlic and oregano	£6.00
Pan-fried Halloumi GF VO	Cypriot cheese pan-fried in olive oil	£4.00
Falafel Balls GF V	middle eastern spiced chickpea balls	£4.50
Mushroom with Goats Cheese GF	grilled mushroom with garlic & cheese	£4.50
Veggie 'Fish Fingers' GFO VO	breaded pan-fried halloumi sticks	£4.50
Spanish Tortilla GF	potato & onion cooked with local eggs	£4.50
Chorizo in Red Wine GF	rich stew with chorizo & butter beans	£5.90
Caponata GF V	Sicilian aubergine stew	£4.90
Potato Wedges GF V	with chilli relish V or garlic mayo VO	£4.20

NEW!

#isolationbluesbuster **VO GFO**

Caponata
Lentejas
Falafel Balls
Potato Wedges
Mixed Bean Salad
Mixed Salad
Pitta Bread
£25.00

#myturntocook

Chorizo in Red Wine
Mushroom with Goats Cheese
Potato Wedges
Veggie 'Fish Fingers'
Colourful Quinoa Salad
Hummus
Ciabatta
£27.00

NEW!

#homeschoolheros **GF**

Pork Souvlaki Skewer
Moroccan Chickpea Stew
Pan-fried Halloumi
Spanish Tortilla
Greek Lentil Salad
Tomato & Feta Salad
Dolmaðes
£28.00

Homemade Burgers

Vegetarian "Fish Finger" Roll GFO VO	Breaded halloumi fingers with lettuce & mayonnaise	£7.50
Homemade Beef Burger GFO	Cornish beef burger with Cornish brie, tomato, red onion, lettuce & garlic mayo	£8.00
Moroccan spiced Bean Burger GFO V	Vegan burger with hummus, onion relish, tomato sauce & lettuce	£7.50
Butternut Squash Burger GFO VO	Spiced squash and butterbean burger with red onion marmalade, goats cheese, coriander, lettuce & mayonnaise	£7.50