



MENU



Appetizers

Please ask about our frittata of the day served from the bar to eat in or take away

Lemon & Garlic Butter Tiger Prawns	5
Nduja Sausage Pate & Toast	4.5
Padron & Roquito Peppers (gf) (ve)	4.5
Mixed Olives, Goats Cheese & Flat Bread (gf) (ve)	4.5

Lighter options

Red Spiced Crispy Squid (gf)

Raw cabbage salad with a chipotle mayonnaise
8

Grilled King Scallops

Cauliflower mac and cheese, thyme crumbs with piquillo pepper & bacon jam
9

Steamed Cornish Mussels

Chef's choice of the day served with fresh bread
8.5

Buckwheat & Chickpea Fritters (gf) (ve)

Sauerkraut, organic leaves and avocado salsa
6

Grilled Mackerel Fillet Bruschetta

Sauerkraut, organic leaves with vadouvan aioli
7

Steamed Pork Bun

Crispy belly, Asian Slaw and wasabi peanuts
7

Jackfruit & Tofu Pho Broth (gf) (ve)

Rice noodles, Cornish greens, bean sprouts, mushrooms, chilli and basil
7

add beef

2.5

Larger options

Rockpool Fish & Chips

Mushy peas, tartare sauce and skinny fries
13

Sea Bass Fillets (gf)

Steamed rice with Asian style local greens and Nam Jim dipping sauce
16

Rolled Ribeye Steak (gf)

Truffle fries, field mushroom, herb tomato, braised shallot and an avocado chimichurri
19

8oz Beef Burger

Brioche bun, smoked cheddar, gherkin, cos, piquillo pepper and bacon relish with fries
13

The Beetroot & Black Bean Burger (ve)

Turkish bread, sauerkraut, avocado salsa, organic leaves with sweet potato fries
12

Crispy Pork Belly & Grilled Tiger Prawns (gf)

Jasmine rice, pickled cucumber and crayfish tail salad with sticky soy sauce
17

Shawarma Cauliflower Steak (gf) (ve)

Local seasonal greens, sweet potato, green chutney, Dhukka spiced seeds
9.5

Massaman Curry (gf) (ve)

New potatoes, tomato, peanuts, Asian style greens and tamarind
12.5
add chicken or beef
16

Salad bowls

Totally Raw Asian (gf) (ve)

Edamame beans, avocado, mixed cabbage, bok choy, cucumber, fresh turmeric, bean sprouts, radish leaves with a Nam Jim dressing
8

The Greek (gf) (ve)

Tomato, feta, stuffed olives, red onion and cucumber
8

Chicken & Bacon Caesar Salad

Anchovy, poached egg, parmesan with dressing and croutons
12.5

Side options

Sweet potato fries (gf) (ve)	4.5
Sea salted skinny fries (gf) (ve)	3.5
Smoky cheese skinny fries (gf) (v)	4
Artisan bread with seasoned butter (v)	4
Jasmine rice (gf)	3
Garlic bread (v)	4

Kiddies

Mac & cheese with green beans (v) 5
add chicken or prawns 7

Fish and chips with baked beans 6

Prawns & rice with green beans and lemon butter 6.5

Plain pasta with grated cheese (v) 5
add chicken or prawns 7

Plain burger, cheese & fries 7

Something sweet

Cinnamon Churros

Strawberries, marshmallows and chocolate dipping sauce
6.5

The Apple & Rhubarb Crumble (gf) (ve)

Granola topping, baby toffee apples, custard with vanilla ice cream
6

Homemade Fudge

A little something to fill the gap
4

Trio of Cornish ice cream

A selection of Cornish ice cream with chocolate sauce
4.5

Please ask about our Daily Specials Board

"Patience is bitter, but its fruit is sweet." - Jean-Jacques Rousseau

Our food is cooked to order and fresh, please be aware there may be up to a 30min wait

Please inform our staff of any allergens

Gluten free (gf) vegetarian (v) vegan, or can be made vegan (ve)