

# Menu

## Appetizers

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

### The Ocean....

Mini Fritto Misto & Tartare Sauce (gf)  
4

Peppered Mackerel Pate & Flat Bread  
3.5

### From the land....

Nduja Sausage Pate & Toast  
4

Crispy Pork Belly, Steamed Bun & Asian Slaw  
4

### From the Garden....

Blistered Padron & Roquito Peppers (gf)  
(ve)  
4

Green Olives, Goats cheese & Flat Bread (gf)  
4.5

## Lighter options

Red Spiced Crispy Squid (gf)  
Raw cabbage salad with a chipotle mayonnaise  
7

Rare Beef Pho Broth (gf)  
Rice noodles, Cornish greens, soy mushrooms and basil  
8

Grilled 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

Jackfruit & Tofu Pho Broth (gf) (ve)  
Rice noodles, Cornish greens, bean sprouts mushrooms, chili and basil  
7

Buckwheat & Chickpea Fritters (gf)  
(ve)  
Sauerkraut, organic leaves and avocado salsa  
6

Grilled Mackerel Fillet Bruschetta  
Sauerkraut, organic leaves with vadouvan aioli  
7

Please inform our staff of any allergens

Gluten free (gf) **Vegetarian (v)** **Vegan, or can be made vegan (ve)**

# Menu

9

## Larger options

*from the grill...*

### Sea Bass Fillets (gf)

Steamed rice with Asian style local greens and Nam Jim dipping sauce  
15

### Rolled Ribeye Steak (gf)

Truffle fries, field mushroom, herb tomato, braised shallot and chimichurri  
18

### Seafood Espetada (gf)

Buckwheat, tomato and parsley with lemon and garlic butter  
13

### Local 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  
11

### Pressed Pork Belly (gf)

Jasmine rice, pickled cucumber and tempura prawn salad with sticky soy sauce  
13

### Shawarma Cauliflower Steak (gf) (ve)

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

## Comfort food options...

### Rockpool Fish & Chips

Mushy peas, tartare sauce and skinny fries  
12

### Massaman Curry (gf) (ve)

New potatoes, tomato, peanuts, Asian style greens and tamarind  
12  
add chicken or beef  
15

### Seafood & Prawn Red Curry (gf)

Mussels, steamed rice, sweet potato, Asian style greens with coconut  
15

### Hake Fillet (gf)

Bombay style potato, spiced seeds, Cornish greens with vadouvan aioli  
14

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## Salad bowls

**Buckwheat Tabbouleh (gf) (ve)**  
Avocado, soft herbs, tomatoes, parsley  
with a tahini and orange dressing  
8

**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  
10

## Kiddies

Mac & cheese with cucumber and green  
beans (v)  
5

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 fries and cucumber  
7

## Side options

Sweet potato fries (gf) (ve)  
4

Rosemary salted skinny fries (gf) (ve)  
3

Smokey cheese skinny fries (gf) (v)  
4

Artisan bread with seasoned butter (v)  
4

Today's green beans (gf) (ve)  
4

Bombay potatoes with vadouvan aioli  
(gf) (ve)  
3

Garlic bread (v)  
3

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## Something sweet

### Cinnamon Churros

Marshmallows and chocolate dipping  
sauce

6

### The Apple & Rhubarb Crumble (gf)

(ve)

Granola topping with caramel and  
pecan nut dairy free ice cream

6

### Homemade Fudge

A little something to fill the gap

3

### Trio of Cornish ice cream

A selection of Cornish ice cream  
with chocolate sauce

4.5

SAMPLE MENU

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