

Sample Express Lunch Menu

Intros

Smoked Chicken and Mushroom Soup

Mixed Vine Tomato Salad, Basil, Extra Virgin Olive Oil

Black and White Sesame Seed Tempura Cod, Sweet Chilli Dipping Sauce

Stove and Grill

Char-grilled Chicken Breast, Spicy Mediterranean Vegetable Cous Cous, Watercress

Golden Beetroot Tarte Tatin, Grilled Goat's Cheese, Wild Rocket

Grilled Mackerel Fillets, Nicoise Salad

1 Course £9.95

2 Courses £12.95

Intros

Honeydew, Galia and Charantais Melon, Feta, Honey, Cracked Black Pepper £4.00

Bruschetta, Crushed White Beans, Trealy Farm Coppa, Rocket £4.50

Chicken Liver and Foie Gras Parfait, Toasted Sour Dough Bread Spice Pear and Grape Chutney £6.00

Small or Large Plates

Asparagus and Pecorino Tortelli, Rocket, Pecorino £5.00/£8.00

Speck Ravioli, Marinated Artichokes and Olives Sun Blush Tomatoes, Rocket, Lemon £5.00/£8.00

Penne, Pan Fried Beef Fillet, Roasted Plum Tomato and Chilli Sauce, Basil, Parmesan £5.00/£8.00

Stove and Grill

Crispy Soft Shell Crab, Confit Pork Belly, Egg Noodles, Pak Choi, Oriental Dressing £11.50

Fish 'n' Skinny Chips, Mushy Peas, Fresh Tartare Sauce £13.00

Char-grilled Rump Steak, Garlic King Prawns, Watercress £16.50

Side Plates

Skinny Chips £2.50 *Mash Potato* £2.75

Thick Hand Cut Chips £3.00 *Tomato and Red Onion Salad* £2.75

Tender Stem Broccoli £2.75 *New Potatoes* £2.75

Rocket and Parmesan Salad £3.75 *Mixed Salad* £3.75

To Finish

Local Strawberries, Cornish Clotted Cream £4.00

Vanilla Cheesecake, Blackcurrant Coulis £5.00

Penderyn Whisky and Dark Chocolate Torte, Apple and Pear Coulis, Vanilla Mascarpone £5.50