

SMALL PLATES

BUFFALO CHICKEN WINGS

Sticky, spicy buffalo wings served with a blue cheese dip

CHICKEN PAKORAS

chicken breast pieces marinated in Indian spices served with mango chutney

CAJUN PULLED PORK

Cajun spiced pulled pork wrapped in a flour tortilla with avocado and pickled pineapple

HALLOUMI STICKS

Crisp and salty halloumi fries with a spicy yogurt and harissa dip

HUMMUS AND PITTA BREAD

Hummus with roasted red pepper and pine nuts served with warm pitta bread

FALAFEL WITH HUMMUS DIP

Falafel spiced with cumin and coriander

SUPER CHUNKY DIRTY FRIES

Triple cooked chunky chips topped with chipotle sauce, fried red onions and melted cheese

EARTHLY GREEN BOWL

Tenderstem broccoli, rocket, avocado, edamame beans and beetroot topped with seeds and vinaigrette dressing

NACHOS

Corn chips topped with jalapenos, melted cheese, sour cream and guacamole

SWEET POTATO FRIES

Crispy sweet potato fries with avocado and lime dip

ONION FRITTERS

Crispy deep fried onion fritters with spicy tomato dip

ALL AT 4.00 EACH

OR 3 FOR 10.00

 Vegetarian  Vegan

SANDWICHES

HOT TASTE SENSATIONS

PICKLED PINEAPPLE AND SRIRACHA CHEESE

A spicy twist on a cheese toastie on sourdough bread

MUSSEL POPCORN SUB

Battered mussel morsels, not your average sub filling. With iceberg lettuce and lime mayonnaise and a dash of chipotle sauce

FISH FINGER BUTTY

Crisp hot flaky fingers of fish nestled in spicy rocket leaves with tartare sauce sandwiched in a buttered fluffy white bap. Heaven 'n Erth

PULLED PORK BAP

Slow cooked and shredded pork layered with barbecue sauce and homemade slaw served in a white bap

COLD SELECTION

Served in a choice of white or wholemeal hand cut bread

TURKEY AND AVOCADO

HAM AND CHEESE

ROAST BEEF AND MUSTARD

CHEESE AND BEETROOT

EGG MAYONNAISE

All served with salad garnish and chips

£6.50 each

BURGERS

BEEFBURGER

6oz beefburger with lettuce, tomato and dill gherkin in a floured bun with chips and homemade slaw

£8.50

CHICKEN BURGER

Breaded chicken escalope with lettuce, tomato and avocado in a floured bun with chips and homemade slaw

£9.00

MUSHROOM AND QUINOA BURGER

A vegan pattie with lettuce, tomato, avocado and sriracha in a floured bap with chips

£9.00

STARTERS

BREAD AND OLIVES

Rustic bread with olive oil and balsamic for dipping and a bowl of olives

£5.00

SOUP OF THE DAY

A delicious warming bowl of homemade soup with rustic bread

£4.50

BABY SQUID

Lightly dusted calamari rings served with tartare sauce and lemon wedge

£6.50

WHITEBAIT

Crispy fried, breaded whitebait served with tartare sauce and lemon wedge

£4.50

SMOKED MACKEREL PATE

Homemade smoked mackerel pate with a hint of garlic served with warm sourdough toast

£6.00

WHOLE BAKED CAMEMBERT

A lovely gooey baked camembert with garlic and herbs served with crusty bread. Perfect for sharing

£10.00

KIDS MEALS

HUMMUS AND VEG STICKS

£3.00

PASTY AND CHIPS

SAUSAGE AND MASH

BATTERED FISH FINGERS AND CHIPS

CHICKEN NUGGETS AND CHIPS

All served with choice of peas or beans

JACKET POTATO WITH CHEESE AND SALAD OR BEANS

PASTA WITH TOMATO SAUCE AND CHEESE

All at £5.00 each

2 SCOOPS OF ICE CREAM WITH SAUCE AND WAFER

£2.00

DESSERTS

We serve a selection of hot and cold homemade desserts on an ever changing basis.

Hot desserts are served with a jug of custard

Cold desserts with a choice of Cornish clotted cream, pouring cream or ice cream

All at £5.00

MAINS

MUSSELS AND CHIPS

A steaming bowl of mussels in the classic marinere sauce served with chips

£12.50

FISH AND CHIPS

Hand battered cod served with chips, mushy peas and tartare sauce

£10.00

LAMB SHANK

Slow cooked lamb shank in a red wine and rosemary gravy served with creamy mashed potato, seasonal vegetables and a jug of extra gravy

£15.00

STEAK AND DOOM BAR ALE PIE

A British favourite. Served with creamy mashed potato, seasonal vegetables and a jug of extra gravy

£12.00

CHICKEN, HAM AND LEEK PIE

Chicken, ham and leeks in a white wine sauce encased in shortcrust pastry served with creamy mashed potato, seasonal vegetables and a jug of extra gravy

£12.00

MOROCCAN STYLE TOMATO AND CHICKPEA PIE

A vegan treat served with seasonal vegetables and chips

£10.00

PORK CHOPS

2 grilled pork chops served with tomato, mushrooms, chips and our own recipe onion fritters

£13.00

SIRLOIN STEAK

8oz sirloin steak, cooked to your liking, served with tomato, mushrooms, chips and our own recipe onion fritters

£18.00

CORNISH CRAB SALAD

Mixed salad leaves, tomato, cucumber, avocado and beetroot with vinaigrette dressing and mixed seeds served with a whole Cornish dressed crab in the shell. Brown bread and butter

£15.00

CREAM TEAS

Served at all times

SWEET OR SAVOURY?

2 fruit scones with strawberry jam and Cornish clotted cream

OR

2 celery scones with cream cheese and fig jam

Both served with tea or coffee

£6.50