

# LUNCH MENU

12.00-16.30

## PIZZA

### MARGHERITA | 13

Fresh basil

### PEPPERONI | 14

Pepperoni, oregano

### SPICY CHICKEN & RED PEPPER | 14

Spiced chicken, roasted red pepper, red onion, harissa

### MEDITERRANEAN VEGETABLES | 13.5

Pepper, courgette, red onion, olives, oregano

### HAM & PINEAPPLE | 14

Ham, pineapple

## MAINS

### CLUB SANDWICH | 15.5

Bacon, chicken, tomato, lettuce, hard-boiled egg, mayonnaise, fries

### FISH FINGER BRIOCHE | 15

Fish fingers, tartare sauce

### FISH & CHIPS | 19

Minted peas, tartare sauce, chunky chips

VGO

### CHAMPIONSHIP BURGER | 18.5

6oz prime burger, Miss Muffet cheese, smoked bacon, caramelised onion, truffle mayo, fries

### CHICKEN BURGER | 16

Grilled lemon & thyme chicken, aioli, salad, fries

### VEGAN CHICKEN BURGER | 15.5

Vegan mayonnaise, lettuce, fries

VG

## SANDWICHES

### HAM & MUSTARD | 11

Honey-roasted ham, wholegrain mustard mayo

### CHEESE & CHUTNEY | 10.5

Cornish cheddar, chutney, red onion

### TUNA MAYO | 11.5

Tuna, red onion

### CRAB | 18

White and brown crab meat, lemon and dill

### PRAWN | 11

Lettuce, Marie Rose sauce

### CHICKEN, BACON & AVOCADO | 12.5

Chargrilled chicken, bacon, avocado, lettuce, mayo

### YOUR CHOICE OF WHITE OR GRANARY BREAD

## OPEN TOASTED SANDWICHES

### TRADITIONAL PLOUGHMAN'S LUNCH | 14.5

Cornish cheddar, local ham, pickled onion, chutney, salad, artisan bloomer

### ROAST BEEF & CARAMELISED ONION | 12.5

Roast beef, caramelised onion, Yarg

### CORNISH RAREBIT | 10.5

Creamy leek, onion & cheddar rarebit, wholegrain mustard, watercress

### SERVED ON A SLICE OF ARTISAN BLOOMER

## WRAPS

### SOUTHERN FRIED CHICKEN | 11.5

Lettuce, mayonnaise, sweet chilli

VGO

### GRILLED HALLOUMI & HUMMUS | 11

Halloumi, hummus, roasted peppers, spinach, red onion

### EGG & WATERCRESS | 10

Egg, mayonnaise, fresh peppery watercress

## SIDES

Kitchen garden salad | 4.5

Fries | 4.5

Chips | 4.5

New potatoes | 4.5

## SALAD

### MEDITERRANEAN VEGETABLE | 15.5

Roasted peppers, courgette, aubergine, red onion, chickpeas, couscous, olives, hummus, basil, coriander, yogurt drizzle

### GRILLED CHICKEN & AVOCADO | 16

Chargrilled chicken, avocado, cherry tomatoes, quinoa, cucumber, sweet potato, feta, lemon & herb dressing

### SMOKED SALMON & PRAWN | 16.5

Flaked smoked salmon, king prawns, mixed grains, baby spinach, beetroot, cucumber, dill, crème fraîche, lemon zest

### HARISSA PRAWNS & COUSCOUS | 16.5

Spiced grilled prawns, couscous, red pepper, cucumber, pomegranate, mint, coriander, yoghurt drizzle

### ROASTED VEGGIE & HALLOUMI | 15

Grilled halloumi, roasted butternut squash, spinach, wild rice, sun-dried tomatoes, pine nuts, basil pesto

ALLERGEN INFORMATION | VG - VEGAN | VGO - VEGAN OPTION AVAILABLE |

TEAM REWARD | WE WILL ADD A DISCRETIONARY 10% TO YOUR BILL | 100% WILL BE SHARED WITH TODAY'S TEAM