

lunch 12 - 4.30

homemade soup, locally baked bread (v)	5.25
cumin roasted vegetable salad, lentils, steamed greens, hummus, hazelnut dukkah (v+) (gf)	8.50
vietnamese chicken salad, soba noodle, roasted peanuts, nuoc cham	8.25
locally caught mackerel on sourdough, ras al hanout, roasted beetroot salad, yoghurt	10.75
cornish crab sandwich, shredded lettuce, aioli	11.50
chorizo burger, westcountry cheddar, aioli, house pickles	8.25
spinach, potato and red pepper frittata, tomato salad (v) (gf)	6.25
cornish mussels, pancetta, leeks, cornish ale, bread	9.50
grilled local hake, potato salad, green beans, gremolata (gf)	12.50

tapas 12 - 9

marinated olives (v+) (gf)	3.30
roasted almonds and cashews (v+) (gf)	2.75
locally baked bread, confit garlic, olive oil (v+)	3.50
handcut chips, rosemary seasalt, aioli (v) (gf)	3.75
padron peppers (v+) (gf)	4.00
tossed greens, lemon, hazelnut dukkah (v+) (gf)	3.50
mushroom, cornish yarg and rosemary arancini, creme fraiche (v)	5.95
grilled halloumi, roasted courgette, chilli, capers, lemon (v) (gf)	5.50
confit fennel, saffron orzo, red grapes, pistou (v+)	5.25
miso glazed aubergine, crispy noodles, mint, coriander (v+)	6.25
polenta stuffed crispy tortilla, avocado, sour cream, pico de gallo (v)	5.50
seared king prawns, chilli, ginger, lemongrass, lime (gf)	7.50
crispy fried salt and pepper squid, aioli	7.25
grilled salmon nicoise (gf)	8.95
crispy fried seabass, chilli caramel, pineapple, asian salad	9.95
seafood zuppetta, aioli, toasted crostini	8.25
<i>portmeor</i> tuna pokey bowl, brown rice, pickled ginger, nori crisp (gf)	8.35
fennel sausage, chickpea dhal, yoghurt, coriander oil, almonds	6.75
serrano ham, heritage tomatoes, buffalo mozzarella, fig vincotto, basil (gf)	7.25
<i>portmeor</i> fried chicken, asian slaw, sriracha	6.50
cornish lamb leg steak, feta, broadbeans, anchovies, parsley, lemon (gf)	8.75

if you have an allergy, please inform your waitress/waiter before ordering

the symbols are used as a guide and cannot always prevent cross-contamination

(v) = vegetarian

(v+) = vegan

(gf) = gluten free