

## 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>pothmear</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>pothmear</i> fried chicken, asian slaw, sriracha	6.50
cornish lamb leg steak, feta, broadbeans, anchovies, parsley, lemon (gf)	8.75

## dinner 5.30 - 9

thai red prawn curry, butternut squash, green beans, rice, flat bread	15.95
potato and thyme terrine, asparagus, wild mushrooms, poached egg, truffle and broad bean vinaigrette, parsnip crisps (v) (gf)	12.95
whole seabass, caponata, roasted gordal olives, basil oil (gf)	18.50
grilled gurnard fillet, local crab crushed new potatoes, seaweed butter, watercress (gf)	16.25
cider braised pork belly, cassoulette, spring greens, gribèche	15.50

**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