



SEASIDE Springtide KITCHEN



SMALL BITES

Cockles & Scraps	6
House Bread (v) with olive oil & sea salt butter	6
Olives (vg)	5.5
Devilled Whitebait Cajun remoulade	7.5

SEAFOOD CHOWDERS

w/ Scallops, Local Fish, Mussels & Tiger Prawns
All 27

New England Style

Smoked bacon lardons, sweetcorn & Cornish cream, new potatoes

Marinière

White wine, confit onions, cream, cherry tomatoes, spinach, new potatoes

Calabrese

'Nduja salami, spinach, fennel, cider, new potatoes & Cornish cream

STARTERS

Salt & Pepper Calamari Roasted garlic, preserved lemon & chive aioli	9.5
Tomato & Roasted Red Pepper Soup (vg) Marinated feta, basil & spinach dressing, croutons	9
Crispy Pork Belly Skewers Chilli barbecue glaze, Cajun aioli	9.5
Prawn Cocktail Avocado, bang bang sauce, lime	10
Gambas Pil Pil Baked tiger prawns, chilli, paprika & garlic, fresh lemon & Da Bara bakery bread	12
Smoked Mackerel & Tuna Dip Pickled fennel, capers, dill, sourdough toast	9
Crab Arancini Tomato & basil sauce	10

MAIN COURSES

Prawn Linguini Pan-fried tiger prawns, sun-dried tomatoes, spinach & basil, white wine, cream, herb crumb, parmesan & baked garlic ciabatta	23
Fish & Chips Cornish IPA battered catch of the day served with chips, mushy peas & tartare sauce Swap for Cornish IPA battered celeriac (vg)	19 17
Cheeseburger Westcountry beef patty, shredded lettuce, cheese, shack sauce, pickles & fries + smoked bacon 2 onion rings 2	17.5
Seared Chicken Supreme Chorizo & pearl barley stew, sunblushed tomatoes, wild garlic salsa verde & seasonal greens	22
Roasted Squash & Tomato Linguine (vg) Sun blushed tomato & basil sauce, garlic toasted crumb & baked garlic ciabatta	16
Grilled Catch Of The Day Fillet Warm tomato, caper & olive caponata with pine nuts, grilled tenderstem broccoli, rosemary new potatoes	26
12 Hour BBQ Smoked Pork Belly Chipotle glaze, pickle vegetable salad & fries	25

SIDES

Fries	4.5
Spicy Fries	4.5
Seasonal Greens	6
Garlic Bread	5.5
Roasted Garlic & Rosemary New Potatoes	5.5
Springtide Side Salad with vinigarette	6
Seaweed Salt Onion Rings & Aioli	6
Mac 'n' Cheese Bites (v) with bang bang sauce	8

FOOD ALLERGIES AND INTOLERANCES

Please speak to a member of staff about the ingredients in our dishes before placing your order. Please be aware that our dishes may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat.

Springtide

SEASIDE KITCHEN

SMALL BITES

Cockles & Scraps	6
House Bread (v) With seaweed butter	6
Olives (vg)	5.5
Deville Whitebait Cajun remoulade	7.5

STARTERS

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Crispy Pork Belly Skewers Chilli barbecue glaze, Cajun aioli	9.5
Prawn Cocktail Avocado, bang bang sauce, lime	10
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Crab Arancini Tomato & basil sauce	10

SEAFOOD CHOWDERS

w/ Scallops, Local Fish, Mussels & Tiger Prawns All 27

New England Style Smoked bacon lardons, sweetcorn & Cornish cream, new potatoes
Marinière White wine, confit onions, cream, cherry tomatoes, spinach, new potatoes
Calabrese 'Nduja salami, spinach, fennel, cider, new potatoes & Cornish cream

LUNCH

MAINS

Charred Mackerel Salad Slow roasted tomato, rocket horseradish slaw, rustic ciabatta roll	14
Bang Bang Toasted Sandwich Prawns, sourdough, sharp cheddar, avocado, bang bang mayonnaise Spiced lentil patty instead of prawns (vg)	13
Crab Salad Roll Hand-picked dressed white crab meat, brown crab mayonnaise, crispy leaves served with seaweed salt fries	18.5
IPA Battered Fishfinger Sandwich Tartare, lettuce, rustic ciabatta roll, gherkins	12.5
Swap for our Cornish IPA battered celeriac (vg)	10.5
Cheeseburger Westcountry beef patty, emmental cheese, shack sauce, pickles & fries + smoked bacon 2 onion rings 2	17.5
Fish & Chips Cornish IPA battered haddock served with seaweed salt fries, mushy peas & tartare sauce Swap for Cornish IPA battered celeriac (vg)	19 17
Springtide Salad Bowl (v) Feta, spinach, lettuce, pickled vegetables, roquito peppers, cucumber, tomato, pumpkin & sunflower seeds, rustic croutons	17

Choose from:

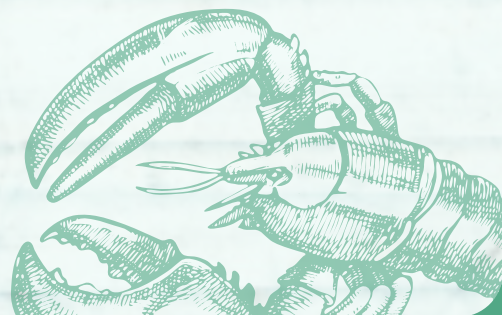
Spiced lentil patty (vg)
BBQ pork ends & salsa verde
Prawn & spicy Marie Rose sauce dressing

SIDES

Fries	4.5
Spicy Fries	4.5
Seasonal Greens	6
Garlic Bread	5.5
Roasted Garlic & Rosemary New Potatoes	5.5
Springtide Side Salad	6
Mac 'n' Cheese Bites (v) Bang bang sauce, grated parmesan	8

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SUNDAY ROAST BY THE COAST

LOW & SLOW CORNISH BEEF

or

12hr ROASTED PORK BELLY

21

ROAST TRIMMINGS

Our beef & pork roasts are served with rich red wine & beef gravy & Yorkshire pudding, sausage meat stuffing, rosemary & garlic roasted potatoes, cauliflower cheese, roasted root vegetables, seasonal greens, swede & carrot mash

LENTIL & MIXED NUT (vg)

Served with veggie gravy & Yorkshire pudding, rosemary & garlic roasted potatoes, cauliflower cheese, roasted root veggies, seasonal greens, swede & carrot mash

17

KIDS ROAST

Choose any of our full size roasts & we'll create it at the perfect size for a child, served with all the trimmings

10

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DESSERTS

Our Classic Lemon Tart	10
<i>Poached blueberry compote, Cornish clotted cream</i>	
Pineapple Ice Cream Sundae (vg)	10
<i>Chargrilled fresh pineapple in a coconut & mint syrup, vanilla ice cream, fudge sauce & toasted almonds</i>	
Our Baked Chocolate Brownie	9
<i>Salt caramel sauce, Cornish vanilla ice cream & honeycomb</i>	
Cornish Dark & Stormy Sticky Toffee Pudding	9
<i>Sticky toffee pudding, toffee sauce, rum raisins, Cornish vanilla ice cream</i>	
For every Dark & Stormy pudding we sell, we donate 25p to the Fisherman's Mission.	

COFFEE - TEA

Espresso	2.8	Latte	3.4
Flat White	3.4	Americano	3.2
Cappuccino	3.4	Tea	2.8

AFTER DINNER DRINKS

ask for our full drinks list

Whisky	from 3.5	Sherry	3.5
Brandy	from 5	Espresso Martini	10
Homemade Limoncello	4	Old Fashioned	10

