

Lunches and Snacks

Nachos **vo** Beef: £9.75 5 Bean Vegi: £8.75
A large plate of tortilla chips topped with melted cheese, chilli, lettuce, salsa and sour cream.

Homemade Soup of the Day **v** £4.45
Served with fresh farmhouse bread and butter.
Please see specials board on counter for today's choices.

Caesar Salad **vo** Small: £5.25 Large: £8.95
Mixed salad leaves, olives, garlic croutons, caesar dressing and freshly shaved parmesan.

Devonshire Ham Egg and Chips £8.25
Local ham, two fried eggs and a pile of fries.

Greek Mezes **v** £5.95
Houmous, olives, feta and homemade smoked tomatoes with wholemeal pitta bread.

Homemade Thai Spiced Fishcake † £5.95
Served on a bed of mixed leaves with homemade relish.
With fries: £6.95

Warm Chorizo Tapas £6.25
Braised in cider with tomatoes and butter beans to create a rich flavoursome dish. Served with a side of ciabatta bread.

Basket of Onion Rings **v** £4.50
A large basket of crispy onion rings with soured cream and sweet chilli dips.

Focaccia Garlic Bread **v** £3.25 With cheese: £3.75
Oven baked with parsley butter & fresh garlic.

Side Salad **v** £3.85
Mixed salad leaves, homemade smoked tomatoes, cucumber and fresh herbs.

Basket of Fries **v** £3.25 With cheese: £3.75

Speciality Salads

Chicken and Bacon Caesar £10.95
Mixed salad leaves, sliced chicken breast, bacon, garlic croutons, olives, creamy caesar dressing and freshly shaved parmesan.

Goats Cheese and Walnut **v** £10.95
Ciabatta topped with grilled goats cheese and walnuts.
Served on a salad of mixed salad leaves, homemade smoked tomatoes and cucumber, with honey mustard dressing.

Thai Chicken Salad £9.95
Mixed salad leaves, cherry tomatoes, cucumber, beansprouts, peanuts and fresh herbs. Topped with sliced breast of chicken and Thai citrus dressing.

Greek Salad **v** £8.95
Olives, feta, cherry tomatoes, red onion, cucumber and fresh herbs on crisp leaves with vinaigrette.

'Superfood' Salad †

Peppered Mackerel: £10.95 Chicken: £10.95 Artichoke: £9.95
A choice of the above. Served on a bed of mixed leaves, peas, soya beans, broccoli, green beans, capers and quinoa. Dressed with our house vinaigrette.

Lunch served from 12.00pm everyday.
Please order and pay at the till.

† May contain fish bones **v** Suitable for vegetarians **vo** Vegetarian option
* All weights approximate before cooking.

We cannot guarantee that all of our dishes are 100% free from nuts or their derivatives & our menu descriptions do not contain all ingredients, so please ask a member of staff before ordering if you have any particular allergy or requirement.

House Special

Moules Frites £10.95
A large bowl of 'traditional' or 'Thai' style mussels served with fries.

Sandwiches and Ciabattas

Choose from either farmhouse white, farmhouse granary or ciabatta roll. All served with a light salad garnish, crisps and sweet chilli dip.

Tuna Mayonnaise £5.85
Flaked tuna with sweet corn and mayonnaise.

Classic BLT £6.35
Three rashers of back bacon, crisp salad leaves, tomatoes and mayonnaise.

Houmous and Rocket **v** £5.85
With smoked tomatoes, olives and cracked black pepper.

Devon Chicken and Bacon £6.35
With crisp salad leaves and mayonnaise.

Prawn and Marie Rose £6.85
With crisp salad leaves and our special rich tangy sauce.

Goats Cheese and Smoked Tomato **v** £6.35
With crisp salad leaves

Ham and Wholegrain Mustard £6.35
Devon ham, crisp salad leaves, tomatoes and wholegrain mustard.

Any of the above served with fries instead of crisps add: £1.00

Burgers

Our delicious 6oz* Westcountry steak burgers are specially made for us by our local butcher. They are all served with fries, and homemade relish.

Blue Groove Burger £8.95
Served in a toasted bun with salad.

Bacon Cheese Burger £9.95
Served in a toasted bun with salad, bacon and cheese.

'Worx' Burger £10.95
Served in a toasted bun with salad, bacon, cheese, egg, pineapple and beetroot.

Deluxe Chicken Burger £9.95
Whole chicken breast served in a toasted bun with bacon, cheese, salad and mayonnaise.

Spicy Bean Burger **v** £8.95
Our flavoursome spicy bean burger served in a toasted bun with salad and cheese.

Peri-Peri Chicken Burger £8.95
Whole chicken breast smothered in our spicy peri-peri sauce.
Served in a toasted bun with salad.

Ice Cream Sundaes

Cornish Ice Cream Sundae £4.75
Delicious Cornish ice cream sundaes. Vanilla fudge-mallow, or strawberries and cream.

Chocolate Brownie Sundae £4.95
Served warm and topped with a scoop of luxury ice cream and chocolate sauce.

Knickerboker Glory £5.95
A traditional favourite. Cornish ice cream with fruit, sauce, cream and wafer.



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