

MARINATED OLIVES 4.00 302 kcal	CAMBODIAN SEARED BEEF with tomato, shallots and peanuts. Served in a lettuce leaf with hot'n'sour dipping sauce 5
HALLOUMI SAGANAKI drizzled with honey, black sesame seeds and oregano 5.95 931 kcal	SOURDOUGH BREAD Coombeshead Farm sourdough and marinated Kalamata olives 5.95 1252 kcal
COD FRITTERS with cumin and paprika. Served with mustard mayonnaise 5.95 478 kcal	

STARTERS

- SPICY LENTIL SOUP with squash, tomato, and green beans 8.50 283 kcal
- THAI FISH CAKES with a sweet and sour cucumber dipping sauce 8.95 134kcal
- CHICKEN SKEWERS WITH CARDAMOM chicken marinated in yoghurt, chilli and ginger, served with mint raita 9.95 212 kcal
- SALT AND PEPPER PRAWNS served with cucumber and spinach salad and a soy and sesame dressing 14.95 531 kcal
- BAKED SCALLOPS WITH CHORIZO garlic, tomatoes and roasted red pepper, topped with crispy breadcrumbs 19.95 296 kcal
- VEGETABLE PAKORAS deep fried green chillies, spinach and potato. Served with mango chutney 8.95 291 kcal
- YELLOW KROEUNG MUSSELS steamed mussels with coconut milk and Makrut lime leaves 13.95 214 kcal
- PIRI PIRI SARDINES grilled in a chilli and garlic dressing, served with tomato and onion salad 9.95 273 kcal

LIGHT LUNCHES Available until 3pm
VIETNAMESE POACHED CHICKEN SALAD peanuts, chilli, mint and coriander 15.95 83 kcal
CRAB AND SWEETCORN SOUP with ginger, spring onion and soy sauce 15.95 176 kcal

MAINS

- AUBERGINE CURRY chilli, tomato, fragrant basmati rice and makrut lime leaves 16.95 319kcal
- CHANA MASALA chickpea curry, served with fragrant rice and coriander 16.95 492 kcal
- NASI GORENG with chicken, spring onion and cucumber 19.95 720 kcal
- LAMB KARAHI with garlic, ginger, tomatoes and spinach, served with fragrant rice and coriander 22.95 659 kcal
- SEAFOOD LINGUINE mussels, prawns and squid with tomato and parsley 25.95 494 kcal
- GRILLED MISO SALMON vermicelli noodles, spring onion and beansprouts 22.95 765kcal
- PONDICHERRY COD CURRY a fragrant curry from southern India served with basmati rice 21.95 510kcal
- One Feeds Two** - When you enjoy this café classic, we provide a school meal for a child living in poverty. Good food - does good.
- WHOLE DEVILLED MACKEREL grilled in a spicy marinade and served with tomato and onion salad 18.95 161 kcal
- SEA BASS WITH HOT AND SOUR SAUCE with Pak choy, sweet chilli and cashew nuts 28.95 1138kcal
- DUCK NOODLE BROTH crispy chilli, garlic, ginger, spring onions, beansprouts and coriander 18.95 355kcal
- CHARGRILLED RUMP STEAK 10oz rump steak from Philip Warren butcher in Launceston. Served with rocket and thin cut chips 28.00 1328kcal
- Peppercorn Sauce 3.95 552 kcal

LUNCH SPECIAL Available until 3pm
RICK STEIN'S INDIAN SAAG PANEER spinach curry with green chilli, yoghurt, and paneer cheese. Served with basmati rice, chapati and a Verdant Lightbulb EPA 19.95 767 kcal

SIDES

- THIN CUT CHIPS 4.95 1033 kcal
- THAI VEGETABLE SALAD with chilli and peanuts 5.50 111 kcal
- TENDERSTEM BROCCOLI sea salt and olive oil 6.95 180 kcal
- BUTTERNUT SQUASH MASALA with tamarind, chilli, and coconut 5.50 137 kcal
- CHARGRILLED HISPI CABBAGE with mirin and soy sauce 5.50 353 kcal
- CHAPATIS 2.50 1325 kcal

Please ask for information on allergens.  
A 12.5% service charge will be added to your bill.

## DESSERTS

### SUNKEN CHOCOLATE CAKE

with Cornish clotted cream 7.50

### STICKY TOFFEE PUDDING

with Cornish clotted cream 8.50 467 kcal

### CHEESECAKE

with berry compote 8.00

### RICE PUDDING

with honeycomb and cinnamon sugar 6.95 276 kcal

### CORNISH ICE CREAMS AND SORBETS

from Treleavens 6.95 591 kcal

### COLSTON BASSETT STILTON

with toasted walnuts, honey, and oat biscuits 8.95 441 kcal

### DESSERT WINE

Domaine de Grange Neuve, 2017 Monbazillac

8.00 (100ml glass) | 37.00 (500ml bottle)

Late Harvest Tokaji Katinka, Patricius,

Hungary 2021 15.30 (70ml glass) | 44 (375ml bottle)

### PORT, SHERRY (70ml)

Quinta de la Rosa 10-year-old tawny port 7.25

Amontillado Los Arcos, Lustau 8.00

Manzanilla Papirusa, Lustau 7.50

### WHISKY

Jameson 3.75

Glenmorangie 4.75

Jack Daniels 3.75

### LIQUEUR

Amaretto 3.95

Frangelico 3.95

Grand Marnier 4.00

### COGNAC & ARMAGNAC

Hennessy VS 5.95

Castarède Bas Armagnac 20yr 7.50