



Evening Menu

To start

Hot Pot Prawns, king prawns with a red Thai broth & warm bread £6

Ham hock terrine served with homemade piccalilli and fennel & poppy seed crackers £6

Cornish rarebit, sour dough, roasted cherry vine tomatoes and balsamic glaze £5

Chefs own southern fried mushrooms with chipotle chilli jam £5

For Main

Meat

10oz Rump steak with Portobello mushroom, cherry tomato, onion rings, coleslaw rustic chips and leaf garnish £18

Surf and Turf, as above with whole king prawns £22

Fetta & spinach stuffed pork chop on a bed of whole grain rice & Greek salad £13

Arms Burger, 5oz Cornish beef burger topped with homemade pastrami, Swiss cheese, pickles & mustard mayo all inside a pretzel bun £10

Salt & pepper chicken and pancetta salad with warm new potatoes & ranch dressing £12

From 28th February 2018

Fish

Tikka salmon fillet with green beans, crushed new potatoes £14

Prawn and chorizo gumbo with cornbread £12

Seafood spaghetti with a cream & white wine sauce £12

Vegetarian

Char grilled vegetables, crispy polenta & coconut curry sauce £10

Tomato, mozzarella & pesto tart with a blood orange, radish & watercress salad £10

Vitamins & sunshine Veggie burger, Homemade full of sweet potatoes, black beans, flax seed, quinoa & coriander £10

Vegetarian noodle pot, DIY dish! Mason jar crammed with crunchy colourful veg, edamame beans, noodles, herbs & seeds with a jug of steaming vegetable broth £8

All our food is cooked to order, so please be patient with us especially during busy times.....or if you order a well done steak!

Vegetarian, Vegan and Gluten free menus are also available please ask a member of staff.

Food allergies and intolerances:

Before you order your food please speak to a member of staff if you wish to know about our ingredients.

All our food is freshly made and we source our ingredients locally where possible.

All our eggs are free range