

PIZZA MENU

(From 12pm)



PIZZA

(From 12pm)

MARGHERITA

A classic tomato base with fresh basil and oregano topped with mozzarella, parmesan shavings and olive oil.

6" £5
12" £8

WILD MUSHROOM

Wild mushrooms and local ham on a tomato base with fresh coriander, mozzarella and garlic oil.

6" £5.5
12" £9.5

NAPOLITANA

Anchovies and capers on a tomato base topped with mozzarella and lemon zest.

6" £5.5
12" £9.5

DELI SALAMI

Local salami on a tomato base with fresh basil, mozzarella, rocket and olive oil.

6" £6
12" £10

CHORIZO ROQUITO

Local chorizo and roquito chilli peppers on a tomato base topped with oregano, chilli flakes and cheddar.

6" £6
12" £10

CAPOCOLLO

A tomato base with coppa ham, mozzarella, parmesan, basil and rocket.

6" £6
12" £10

THREE PEPPERS

Chilli peppers, red peppers and roquito peppers with mozzarella, pea shoots and chilli flakes.

6" £6
12" £10

MEDITERRANEAN

A tomato base with olives, artichokes, sun blush tomatoes and goats cheese topped with pesto and rocket.

6" £6.5
12" £11

DAY MENU

(Until 2pm)



BREAKFAST

(Until 12pm)

6" Cheese omelette with chorizo and tomatoes.	£5.5
Bacon waffles with maple syrup and tomatoes.	£5.5
Wild mushroom, cheddar and tomato open ciabatta.	£5.5
Tomato and mozzarella croissant.	£3.5

BAGUETTE

Bacon, lettuce, tomato and mayonnaise.	£5.5
Ham, cheddar, rocket and chutney.	£5.5
Hummus, avocado, feta and rocket.	£6
Roasted red peppers, olives, rocket and basil pesto.	£6

PANINI / OPEN CIABATTA

Tomato, basil and mozzarella.	£5.5
Mozzarella, roasted red peppers, wild mushrooms and chutney.	£6
Brie, coppa ham and cranberry.	£6.5
Goats cheese, spinach, apple, almonds and chutney.	£6.5









PASTA

Tomato and basil penne with parmesan.	£6.5
Creamy wild mushroom and garlic spaghetti.	£7.5
Green pesto, tomato and parmesan penne.	£7
Chorizo and roquito peppers with tomato and chilli sauce penne.	£8

MAINS SALADS

Tomato, mozzarella, avocado and basil.	£6.5
Rocket, olives, sun blush tomatoes, and parmesan shavings.	£6.5
Tomato, cucumber, red peppers, rocket and feta with a red wine and coriander dressing.	£6
Pearl barley, olives, red onion and tomato with a chilli lemon dressing.	£7

INDIVIDUAL AND SHARING SLATES

Garlic and mozzarella ciabatta.		£4.5
		£8
Marinated olives with fresh bread and flavoured oils.		£5
		£9
Olives, sun blush tomatoes, heritage tomatoes, mozzarella, goats cheese, hummus and chutney with fresh bread.		£7.5
		£13.5
Chorizo, coppa ham, salami, olives, sun blush tomatoes, goats cheese, hummus and chutney with fresh bread.		£8
		£15

SIDES

Olive, rocket and parmesan salad.	£3.5
Olives and sun blush tomatoes.	£4
Tomato, basil, avocado and mozzarella salad.	£4
Homemade red coleslaw.	£3.5

EVENING MENU

(From 5pm)











MAINS SALADS

Tomato, mozzarella, avocado and basil.	£6.5
Rocket, olives, sun blush tomatoes and parmesan shavings.	£6.5
Tomato, cucumber, red peppers, rocket and feta with a red wine and coriander dressing.	£6
Pearl barley, olives, red onion and tomato with a chilli lemon dressing.	£7

PASTA

Tomato and basil penne with parmesan.	£6.5
Creamy wild mushroom and garlic spaghetti.	£7.5
Green pesto, tomato and parmesan penne.	£7
Chorizo and roquito peppers with tomato and chilli sauce penne.	£8

INDIVIDUAL AND SHARING SLATES

Garlic and mozzarella ciabatta.		£4.5
		£8
Marinated olives with fresh bread and flavoured oils.		£5
		£9
Olives, sun blush tomatoes, heritage tomatoes, mozzarella, goats cheese, hummus and chutney with fresh bread.		£7.5
		£13.5
Chorizo, coppa ham, salami, olives, sun blush tomatoes, goats cheese, hummus and chutney with fresh bread.		£8
		£15

SIDES

Olives, rocket and parmesan salad.	£3.5
Olives and sun blush tomatoes.	£4
Tomato, basil, avocado and mozzarella salad.	£4
Homemade red coleslaw.	£3.5

DESSERTS

Chocolate and raspberry waffles.	£5
Cheesecake with clotted cream.	£5.5
Cinnamon and apple 6" pizza with ice cream.	£5
Unit Four sundae. Local vanilla ice cream, clotted cream, toasted marshmallows, chocolate sauce and chopped nuts.	£6



TAKEAWAY | DAYTIME MENU

(Served until 2pm)

BREAKFAST

(Until 12pm)

Mushroom and mozzarella panini.	£4.5
Bacon waffles with syrup.	£5
Cheese omelette with tomatoes.	£5
Tomato and mozzarella croissant.	£3

BAGUETTES

Bacon, lettuce, tomato and mayonnaise.	£5
Ham, cheddar, rocket and chutney.	£5
Hummus, avocado, feta and rocket.	£5.5
Roasted red peppers, olives, rocket and basil pesto.	£5.5

PANINI

Tomato, basil and mozzarella.	£5
Mozzarella, roasted red peppers, wild mushrooms and chutney.	£5.5
Brie, coppa ham and cranberry.	£6
Goats cheese, spinach, apple, almonds and chutney.	£6

PIZZA MENU

(From 12pm)

MARGHERITA

A classic tomato base with fresh basil 6" £4.5
and oregano, topped with mozzarella, 12" £7.5
parmesan shavings and olive oil.

WILD MUSHROOM

Wild mushrooms and local ham on a 6" £5
tomato base with fresh coriander, 12" £9
mozzarella and garlic oil.

NAPOLITANA

Anchovies and capers on a tomato 6" £5
base, topped with mozzarella and 12" £9
lemon zest.

DELI SALAMI

Local salami on a tomato base with 6" £5.5
fresh basil, mozzarella, rocket and 12" £9.5
olive oil.

CHORIZO ROQUITO

Local chorizo and roquito chilli 6" £5.5
peppers on a tomato base topped 12" £9.5
with oregano, chilli flakes and cheddar.

CAPOCOLLO

A tomato base with coppa ham, 6" £5.5
mozzarella, parmesan, basil 12" £9.5
and rocket.

THREE PEPPERS

Chilli peppers, red peppers and 6" £5.5
roquito peppers with mozzarella, 12" £9.5
pea shoots and chilli flakes.

MEDITERRANEAN

A tomato base with olives, artichokes, 6" £6
sun blush tomatoes and goats 12" £10.5
cheese, topped with pesto and rocket.

SIDES

Olive, rocket and parmesan salad.	£3
Homemade red coleslaw.	£3.5
Tomato, basil, avocado and mozzarella.	£3.5
Olives and sun blush tomatoes.	£3.5

MAINS SALADS

Tomato, mozzarella, avocado and basil.	£6
Rocket, olives, sun blush tomatoes, and parmesan shavings.	£6
Tomato, cucumber, red peppers, rocket and feta with red wine and coriander dressing.	£5.5
Pearl barley, olives, red onion and tomato with chilli lemon dressing.	£6.5



TAKEAWAY | EVENING MENU

(From 5pm)

PIZZA

MARGHERITA

A classic tomato base with fresh basil and oregano, topped with mozzarella, parmesan shavings and olive oil.

6" £4.5
12" £7.5

WILD MUSHROOM

Wild mushrooms and local ham on a tomato base with fresh coriander, mozzarella and garlic oil.

6" £5
12" £9

NAPOLITANA

Anchovies and capers on a tomato base, topped with mozzarella and lemon zest.

6" £5
12" £9

DELI SALAMI

Local salami on a tomato base with fresh basil, mozzarella, rocket and olive oil.

6" £5.5
12" £9.5

CHORIZO ROQUITO

Local chorizo and roquito chilli peppers on a tomato base, topped with oregano, chilli flakes and cheddar.

6" £5.5
12" £9.5

CAPOCOLLO

A tomato base with coppa ham, mozzarella, parmesan, basil and rocket.

6" £5.5
12" £9.5

THREE PEPPERS

Chilli peppers, red peppers and roquito peppers with mozzarella, pea shoots and chilli flakes.

6" £5.5
12" £9.5

MEDITERRANEAN

A tomato base with olives, artichokes, sun blush tomatoes and goats cheese topped with pesto and rocket.

6" £6
12" £10.5

SIDES

Olive, rocket and parmesan salad. £3

Olives and sun blush tomatoes. £3.5

Tomato, basil, avocado and mozzarella salad. £3.5

Homemade red coleslaw. £3.5

MAINS SALADS

Tomato, mozzarella, avocado and basil. £6

Rocket, olives, sun blush tomatoes and parmesan shavings. £6

Tomato, cucumber, red peppers, rocket and feta with red wine and coriander dressing. £5.5

Pearl barley, olives, red onion and tomato with chilli lemon dressing. £6.5



CHILDREN'S & DESSERT MENU

CHILDREN'S MENU

Special cheese on toast.

Homemade bread sticks and cucumber sticks, with cream cheese and homemade hummus.

Tomato and basil pasta with cheddar cheese.

6" cheese and tomato pizza.

Choose one of the above and either apple juice or orange juice.

£4

DESSERTS

Chocolate and raspberry waffles

£5

Cheesecake with clotted cream.

£5.5

Cinnamon and apple 6" pizza with ice cream.

£5

Unit Four sundae

Local vanilla ice cream, clotted cream, toasted marshmallows, chocolate sauce and chopped nuts.

£6

DRINKS MENU



COFFEE & HOT DRINKS

ESPRESSO	£1.7 / £2
AMERICANO	£2.3
LATTE	£2.7
CAPPUCCINO	£2.7
FLAT WHITE	£2.6
MOCHA	£3
FLAVOURED SYRUPS	£0.5
HOT CHOCOLATE	£2.8
LUXURY HOT CHOCOLATE	£3.2
BREAKFAST AND FRUIT TEAS	
Mug / Pot for 2.	£2 / £3

COLD SOFT DRINKS

CORNISH ORCHARD - 250ml Bottle

COX, BRAMLEY & OLD CORNISH	
Fresh, fruity and tangy apple juice.	£2.5
CRANBERRY & RASPBERRY SPARKLE	
Fruity and refreshing lightly sparkled fruit drink.	£2.5
RHUBARB & VANILLA SPARKLE	
Tangy and sweet, sparkled fruit drink.	£2.5
ELDERFLOWER PRESSE	
Floral, refreshing and zesty elderflower juice drink.	£2.5

SAN PELLEGRINO - 330ml Can

ROSSA	
Orange and blood orange juice, rich in real fruit pulp.	£1.6
LIMONATA	
Fresh lemon fruit drink, rich in real juices of ripe lemons from southern Italy.	£1.6
ARANCIATA	
Yellow-orange in colour, it has fine and intense aromas of real juice and peel from sun-ripened oranges.	£1.6
LEMONE E MENTA	
Greenish pale straw in colour, its soft, sweetish flavour finishes with pleasant citrus and subtle notes of mint.	£1.6

PURE BLUE - 250ml Bottle

Still water	£1.5
Sparkling water	£1.5

ALCOHOLIC DRINKS

CORNISH ORCHARD CIDER

CORNISH GOLD (5%)	330ml	500ml
Award winning, refreshing and lightly sparkled apple cider.	£4	£5
BLUSH (4.5%)		
Gently sparkled fruity cider, flavours of apple and raspberry.	£4	£5
PEAR (5%)		
Softly sparkled dry pear cider.	£4	£5
VINTAGE (7.2%)		
Matured medium dry lightly sparkled strong cider.		£6

ST AUSTELL BREWERY

KOREV (4.8%)	500ml
Clean and crisp tasting Cornish lager.	£4.5
TRIBUTE (4.2%)	
Cornish pale ale, one of the most famous in the country.	£4.5
PROPER JOB (5.5%)	
Hopped golden bitter with grapefruit and citrus flavours.	£4.5
BIG JOB (7.2%)	
Double IPA, full of Cornish barley, this is a big dry beer.	£5

WINE MENU



SPARKLING KNIGHTOR 9112, CORNWALL (12%)

Flavours start sweet and fruity forward with fresh apple and lemon rind characters and develop into savoury, biscuit and nuttiness.

75cl - £36

WHITE & ROSE

KNIGHTOR MADELEINE ANGEVINE, CORNWALL, 2016 (12%)

Incredibly light and delicate in body, intended as an easy drinking, light and refreshing white wine.

75cl - £22
250ml - £8.1
175ml - £6.1
125ml - £4.1

KNIGHTOR MENA HWEG, CORNWALL, 2014 (9%)

Inspired by the great wines of Germany, it is highly aromatic, with ripe peach, sherbet and citrus fruit on the nose.

75cl - £18
250ml - £6.6
175ml - £5
125ml - £3.3

KNIGHTOR ROSELAND PINOT PRÉCOCE, CORNWALL, 2014 (10.5%)

The Pinot Noir Précoce grapes used in this rose came from a single vineyard located on the Roseland Peninsula. Full of summer fruit characters.

75cl - £22
250ml - £8.1
175ml - £6.1
125ml - £4.1

CARPE DIEM WHITE (11.5%)

Designed as a fresh, easy drinking wine that can pair perfectly with a wide array of foods. Displays delicate fresh fruit and floral characters on the nose.

75cl - £18
250ml - £6.6
175ml - £5
125ml - £3.3

RED

CARPE DIEM RED (12%)

Carpe Diem red is unoaked, youthful and fresh. An easy drinking medium bodied, food friendly red with good tannins and structure.

75cl - £20
250ml - £7.4
175ml - £5.5
125ml - £3.7

KNIGHTOR PINOT NOIR, CORNWALL, 2016 (12.5%)

Fruity and fresh, light bright red with medium body and velvety tannins.

75cl - £24
250ml - £8.8
175ml - £6.6
25ml - £4.4