

Light Lunch Menu served from 12-6pm

Chef's Selection Sandwiches £8.95

All served on toasted rustic Mediterranean bread or baked poppy seed bagel with a fresh salad garnish and homemade crisps of the day

Rainbow Trout

baked with Indian pale ale and seasoned with Cornish sea salt, served with Montebourg crème fraîche and finished with fresh dill

Jamaican Spiced Jerk Chicken

with minted black bean yoghurt and mango chutney

Scottish Smoked Salmon

with an oven roasted garlic and herbed cream cheese, finished with rocket

V Char Grilled Cantaloupe Melon

with fresh sliced pear, chocolate and chilli houmous, mascarpone and green grapes

Brasserie Selection Sandwiches £10.25

All served with seasoned crispy diced potatoes

Smokey Albondigas Patty

with smoked paprika, garlic, herbs, cayenne pepper and mustard, served with quince paste and melted Manchego cheese, with gotcha ketchup dipping sauce, served on rustic Mediterranean bread

Chef's Hot Roast of the Day

served on toasted rustic Mediterranean bread

BLT

sliced bacon, lettuce & tomato bound in mayonnaise served on toasted thick wholemeal or white bread (add chicken for £1)

Breaded Hake Fillet

on toasted poppy seed bagel with pea purée, green kraut relish and tartar sauce, dressed with fresh watercress

Classic Sandwiches £6.65

All served on thick wholemeal or white bread with a fresh salad garnish

Slow Cooked Shredded Ham Hock

with caramelised Granny Smith apple, fig and juniper berry purée

Roast Chicken

with black garlic and spinach stuffing

V Manchego Cheese

with sundried tomato and red pepper chutney

V Egg, Chilli, Beetroot

and ginger bound with mayonnaise and watercress

Soup & Sandwich Combination £11.25

Any of the above classic sandwiches served with our homemade soup of the day

Homemade Soup of the Day £5.95

Served with toasted rustic Mediterranean bread

Salads £10.95

All served with warmed rustic bread

Chicken & Bacon Cæsar

Cos lettuce, Cæsar dressing and herb croutons with sliced chicken breast and bacon (anchovies optional)

Baked Rainbow Trout

Tossed with water cress, asparagus spears, baby leaf spinach, cucumber, plum tomatoes and roasted red peppers, with shredded fennel, served with a citrus and thyme mayonnaise, topped with crispy capers

Jamaican Spiced Jerk Chicken

Served with a coriander marinated salad of chunky cucumber, red pepper, pineapple and cherry tomatoes, diced red onion with minted black bean yoghurt and mango chutney

V Quinoa and Orange

Fresh orange segments, quinoa, candied cranberries and pistachios, with sautéed peas, sugar snaps, pak choi, spinach and broad beans, drizzled with tahini, wholegrain mustard and maple syrup dressing

Warm Salads £11.95

All served with warmed rustic bread

Teriyaki Chicken Medallions

Served with sweet chilli glazed pak choi, red peppers, baby corn and sweet peas, presented on a bed of mixed leaves, with charred flat bread

Pan Seared Catch Of The Day

Served with harissa spiced Israeli cous cous, puy lentil and wild mushroom salad, drizzled with chimichurri and topped with fresh green leaf salad and baked pistachios

V Coconut Breaded Goats Cheese

Goats cheese in a coconut crumb, served on a bed of watercress, with oven roasted thyme scented sweet potato and butternut squash, served with banana and mango coulis

Chorizo and Blue Cheese

Baby baked chorizo and Picos Blue cheese served with field mushrooms, quince jelly, pitted dates and roasted red bell peppers on a bed of mixed leaves

Side Orders

V Marinated Olives £3.95

with sundried tomatoes

V Garlic Bread £2.95 (add cheese for 50p)

V Crispy Diced Potatoes £3.75

seasoned with smoked paprika, Maldon salt & rosemary

Seasoned Calamari £4.75

Baked Baby Chorizo £5.25

V Bread Board £4.45

Rustic breads with chocolate & chilli houmous and tahini & mustard flavoured maple syrup

Lunch Menu *served from 12-6pm*

Platters to share

For two £18.95 · For one £9.95

V French Connection

Baked camembert presented with sundried tomato & red pepper chutney, olives, green kraut relish and fresh warm rustic Mediterranean bread

Fish Farrago

Teriyaki spiced salmon, fresh smoked salmon and homemade fishcake with tartar sauce, presented with a rustic bread roll

Spiced Selection

Marinated soy & chilli salmon, pork meatballs and chicken skewer served with a sweet chilli sauce, presented with flat bread

Extra bread 75p

Children's Menu *(Aged 12 and under)*



Penne Pasta £5.25

with fresh tomato sauce, served with garlic bread
(add chicken for 50p)

Panko Breaded Fish £5.75

with mashed potato and garden peas

Local Pork Sausage and Mash £5.75

with onion gravy

Any of the above as an adult portion £9.95

Roast Of The Day £8.95

served with vegetables, potato and onion gravy

TDH Menu at Lunchtime

Two courses £19.95

Three Courses £21.95