

Light Bites & Salads

Soup Of The Day (VG) (GFO) £6.50

Served with toasted sourdough

Salt & Pepper Squid £9.00

Tempura battered squid in a salt and pepper coating. Served with a sweet chilli sauce

Nachos Tortilla Chips (V) (GF) £10.00

Topped with melted cheddar and mozzarella, tomato salsa, jalapeño peppers, guacamole and sour cream

Add beef brisket £2.00

Loaded Waffles (V) £8.00

Two Belgian sweet waffles served with your choice of topping:

Crispy bacon and maple syrup

Strawberries and nutella

Ploughman's (GFO) £11.00

Westcountry ham, Davidstow cheddar, gherkin, pickled onion, house chutney and a salad garnish.

Served with sourdough

Caesar Salad (GFO) £11.00

Gem lettuce, anchovies, parmesan and garlic croutons.

Add chicken and bacon £4.00

Classics

Cornish Beer Battered Haddock £16.00

Cornish offshore beer battered haddock, served with skin on chips, pea purée and tartare sauce

Fishless Fish & Chips (V) (VGO) £13.00

Fish free fillets coated in a salt and vinegar batter, skin on chips, peas and a vegan tzatziki

(V) - VEGETARIAN (VG) - VEGAN (VGO) - VEGAN OPTION

(GF) - GLUTEN FREE (GFO) - GLUTEN FREE OPTION

THE TERRACE

AT GWEL AN MOR

LUNCH

Sandwiches & Melts

All sandwiches and melts are served on sourdough with a salad garnish and crisps (subject to availability)

Fish Finger Sandwich £9.00

Prime fish fingers, rocket and tartare sauce

Fishless Finger Sandwich (VG) £9.00

Fish free fingers, rocket and a vegan tzatziki

Cornish Crab Sandwich (GFO) £16.00

Locally sourced day boat white crab meat, lemon mayo and chive

Tomato, Basil & Mozzarella Melt (V) (GFO) £9.00

Pulled Beef Brisket Melt (GFO) £12.00

With Cornish blue cheese and red onion marmalade

Burgers

All burgers are served on a brioche bun, with red cabbage slaw and skin on chips

Upgrade to sweet potato fries £1.50

Classic Cheeseburger (GFO) £14.00

4oz chuck steak burger, cheddar cheese, gem lettuce, gherkins and burger sauce

Peri Peri Chicken Burger (GFO) £14.00

Chicken breast marinated in a peri peri seasoning, gem lettuce and a jalapeño mayonnaise

Bangkok Bad Boy Burger (V) (VGO) £14.00

Chickpea, sweetcorn, red pepper, carrot and soya bean patty in a red lentil, cumin and black onion seed crumb, gem lettuce and a vegan tzatziki

Pizzas

12" stone baked base with tomato sauce, cheddar and mozzarella

Margherita (V) (VGO) (GFO) £14.00

Sun blushed tomatoes and rocket

Hawaiian (GFO) £15.00

Classic ham and pineapple

Tandoori Chicken (GFO) £16.00

Tandoori chicken, mixed peppers, red onion, mint and cucumber yogurt

Meaty (GFO) £16.00

Spicy beef, salami, pepperoni, chorizo and sausage

Prawn, Pesto & Chilli (GFO) £17.00

Tiger prawns, basil pesto and red chilli

Pulled Beef Brisket (GFO) £17.00

Pulled beef brisket, mixed peppers, gherkins and burger sauce

Sides

Skin On Chips (V) (VGO) (GFO) £3.50

Sweet Potato Fries (V) (VGO) (GFO) £4.00

Battered Onion Rings (V) £4.50

Cornish Marinated Olives (VG) (GF) £5.00

House Salad (VGO) (GF) £3.00

Red Cabbage Slaw (V) (GF) £3.00

Rustic Sourdough Garlic Bread (V) £3.50

Rustic Sourdough Garlic Bread (V) with Davidstow Cheddar £5.50

There is a possibility of nut traces in all our dishes. If you require any information on the allergens in any of our dishes, please ask a team member who will be able to assist you with your choice.

