

Light Bites & Salads

Soup Of The Day (VG) (GFO) £6.50

Served with toasted sourdough

Salt & Pepper Squid £9.00

Salt and pepper coated squid served with sweet chilli

Loaded Nachos (V) (GF) £10.00

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

Add beef brisket £3.00

Add pulled pork £3.00

Loaded Waffles (V) £8.00

Two Belgian sweet waffles served with your choice of topping: Biscoff, crispy bacon and maple syrup or strawberries and Nutella

Caesar Salad (GFO) £11.00

Gem lettuce, anchovies, parmesan and garlic croutons

Add chicken and bacon £4.00

Seasonal Vegetable Pasta (V) (VGO) £12.00

Roasted peppers, onion and courgette in a pesto and olive oil dressing with penne pasta and rocket

Classics

Cornish Beer Battered Haddock £16.00

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

Fishless Fish Cakes (V) (VGO) £16.00

A blend of spring onions, parsnips, leeks & pea protein with a soft melting sauce, coated in breadcrumbs, served with chips, peas and vegan tzatziki

Ham Egg & Chips £12.00

Cornish sliced ham, served with chips and a peppered egg

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

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

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.

THE TERRACE

AT GWEL AN MOR

LUNCH

Sandwiches & Melts

All sandwiches and melts are served on sourdough with a salad garnish and crisps

Fish Finger Sandwich £9.00

Fish fingers, rocket and tartare sauce

Cornish Crab Sandwich (GFO) £16.00

Locally sourced day boat white crab meat, lemon mayo and chive
(Check with team member for availability)

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

Pulled Beef Brisket Melt (GFO) £10.00

With red onion marmalade and Davidstow cheddar

Burgers

Burgers are served on a brioche bun, with red cabbage slaw and skin on chips, Upgrade to sweet potato fries £2.00

Classic Cheeseburger (GFO) £13.00

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

Peri Peri Chicken Burger (GFO) £13.00

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

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

Brunch Burger £10.00

Sausage pattie, bacon, peppered egg, hash brown, served in a toasted brioche bun and chilli jam

Pizzas

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

Margherita (V) (VGO) (GFO) £14.00

Sun blushed tomatoes and rocket

Meaty (GFO) £16.00

Spicy beef, brisket, salami, pepperoni, chorizo and sausage

Prawn, Pesto & Chilli (GFO) £17.00

Tiger prawns, basil pesto and red chilli

Pulled Pork (GFO) £15.00

Pulled pork, peppers, sweetcorn, spring onions and BBQ sauce

Veg Medley (GFO) (VGO) £14.00

Peppers, sundried tomatoes, courgette and red onion

Pepperoni (GFO) £14.00

Sides

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

Skin On Chips (V) (VGO) (GFO) £3.50

Chips & Davidstow Cheddar Cheese (GFO) £6.00

Battered Onion Rings (V) £5.00

House Salad (VGO) (GF) £3.50

Garlic Bread (V) £4.00

Garlic Bread & Davidstow Cheddar (V) £5.50

Homemade Slaw (V) (GF) £2.50

Loaded Fries

Pulled Pork Loaded Fries (GF) £12.00

Pulled pork, BBQ sauce, spring onion, jalapeños, mozzarella and cheddar

Bacon & Cheese Loaded Fries (GF) £12.00

Mozzarella and cheddar topped with bacon bits

Beef Brisket Loaded Fries (GF) £12.00

Beef brisket, burger sauce, spring onion, jalapeños, mozzarella and cheddar

