

LUNCH
SERVED 12- 3PM

WINTER 2025



STARTERS +
SMALL PLATES

MIXED OLIVES

(VG|GF) 5

CRISPY PORK BELLY,
STICKY SOY & SESAME GLAZE,
CASHEW CREAM & ASIAN SALAD
(GF|DF|NUTS) 12.5

GOATS CHEESE SALAD,
PICKLED BABY VEGETABLES,
CANDIED WALNUTS & NUT OIL
(V) 11.5

WARM FOCACCIA BREADS,
MEDITERRANEAN STYLE DIPPING OIL W/
KALAMTA OLIVES, GARLIC, ZATAAR SPICE,
PARSLEY & CHILLI FLAKES (VG) 9.5

WHOLE ROASTED TIGER PRAWNS,
NDUJA BUTTER SAUCE, FOCACCIA BREAD
(GFO|DFO) 13.95

MAIN COURSE

BEEF BRISKET BURGER,
IN A BRIOCHE BUN WITH MONTEREY JACK CHEESE,
BEETROOT RELISH, PICKLES & CHIPS
18.95

SEAFOOD CHOWDER,
SMOKED HADDOCK, SALMON & PRAWNS,
POTATOES & CORN
(GFO) 22

SWEET POTATO & CHICK PEA DAHL,
CARROT PAKORA & AUBERGINE PICKLE
(GF|VG) 17.95

TODAYS NEWLYN LANDED FISH
SPICED TOMATO, PANCETTA, CHICKPEA
& CHORIZO CASSOULET,
RAINBOW CHARD & PARSLEY CRUMB (GFO) 26

BEER BATTERED LOCAL FISH,
CHIPS, MINTED CRUSHED PEAS & TARTAR SAUCE
(GF|DFO) 19.95

SIDES

HOUSE SALAD
PLEASE ASK A MEMBER OF STAFF FOR
TODAYS SALAD
(GF|VG) 5.95

TENDER STEM BROCCOLI
GARLIC & LEMON
(GF|VG) 6.5

CHIPS & AIOLI
(GF|VGO) 5

**CHIPS WITH TRUFFLE OIL,
PARMESAN & AIOLI**
(GF|V) 6.95

DESSERTS

OATLY RICE PUDDING,
DRUNKEN FRUITS, STEM GINGER & RUM SYRUP
(GFO|VG) 8.5

AFFOGATTO,
ROSKILLY'S VANILLA ICE CREAM,
DOUBLE ESPRESSO SHOT & HOMEMADE SHORTBREAD
(GFO) 7.95 **ADD AMARETTO 3.5**

DARK CHOCOLATE BROWNIE,
RASPBERRY SORBET, CHOCOLATE CRUMB &
CHOCOLATE SAUCE (VG|GF) 8.5

LEMON POSSET,
BLACKBERRY, CANDIED PEEL, ALMOND
BRITTLE & SHORTBREAD (GFO) 8.5

KEY; V = VEGETARIAN, VG = VEGAN, GF = GLUTEN FREE, DF = DAIRY FREE, GFO = GLUTEN FREE OPTION AVAILABLE, DFO = DAIRY FREE OPTION AVAILABLE,
VGO = VEGAN OPTION AVAILABLE. PLEASE ADVISE US WHEN YOU ORDER IF YOU HAVE ANY DIETARY REQUIREMENTS.

**TREMENHEERE KITCHEN DOES NOT OPERATE IN AN ALLERGEN-FREE ENVIRONMENT. WE HAVE PRECAUTIONS IN PLACE TO ENSURE WE AVOID AS MUCH CROSS-
CONTAMINATION AS WE CAN, HOWEVER WE CAN'T 100% GUARANTEE DUE TO OUR SUPPLIERS AND THE ENVIRONMENT THEIR PRODUCE IS MADE IN.**