

LUNCH

Served from 11.30am - 3pm (Monday - Saturday)

All served with a rocket & spring onions salad with rainbow coleslaw

No: 1 Choose your bread

Savoury Croissant £7 Wrap £7.50 Bagel £7.50 Granary Sandwich £8 Salad £10 Open Tortilla Tacos £11

No: 2 Choose your sauce

Chipotle mayonnaise Lemon crème fraîche Smokey BBQ marinade Chilli jam

No: 3 Choose your topping

Spinach and artichoke hummus with Parmigiano cheese

Artichoke, spinach and chickpeas with parsley, lemon, fresh mint, smoked paprika, salt, pepper, oil, tahini with Parmigiano cheese & toasted seeds

Vegan slow cooked mixed mushrooms

A mix of mushrooms slow cooked in soy with coriander, garlic, chilli, tomatoes, lime, maple, paprika & cumin sprinkle with vegan cheese

Roasted mixed seasonal veg with quinoa, rice & feta cheese

Roasted artichokes with tomatoes, peppers, mushrooms, onions & courgettes, spinach, basil, dill, lemon, and toasted seeds topped with feta

Roasted sweet potato, chorizo and halloumi

Oven roasted sweet potato, chorizo, spinach, sun-dried tomatoes, chilli, smoked paprika, garlic, honey & thyme

Mexican beef with melted cheese

Pan fried skirt steak fried with Peppers, mushrooms, courgette, cilantro, garlic, ginger, red onion and tomato salsa with smoked sliced cheese & jalapeños

Pan fried lime chicken

Pan-fried chicken breast with basil, garlic, peppers, mushrooms, courgette, oregano, red onion & tomato salsa, lime and honey

Chilli beef

Fried mince beef with onion, garlic, chilli, smoked paprika, oregano, mixed beans. Topped with sun-dried tomatoes, jalapeños, coriander and melted mozzarella

Shredded hoisin pork

Slow cooked pork in a hoisin marinade, lemon, soy, pepper, toasted seeds, fresh lime and coriander topped with a red onion and tomato salsa

Streaky bacon and brie

Oven roasted streaky bacon, crispy Parma ham melted brie

Ham and three cheese melt

Sliced cured ham, crispy Parma ham, sliced melted smoked cheese, brie and mozzarella

Meatballs with a smokey tomato sauce

Mince beef balls fried in tomato, smoked paprika, onion, garlic, chilli and fresh rosemary, with a red onion & tomato salsa

King prawns with lemon

King prawns, with fresh lemon, dill, parsley and pepper

Keeping It Real (£2 supplement)

Traditional fresh crab, lemon with black pepper & chives **OR** Spicy white crab with garlic, lime, chipotle flakes, paprika and jalapeños

Seafood Feast (£2 supplement)

White crab meat, anchovies, capers and king prawns with dill, pepper, lemon and fresh parley

SMALL PLATES

11.30 - 3pm (Monday - Saturday) 3 for £15

All served with a rocket & spring onions salad with rainbow coleslaw

£6 each

Buttered roasted new potatoes with herbs and garlic

Buttered roasted new potatoes with salt, pepper, dill, chives, mustard and honey

Chorizo and fried potato bravas

Fried chorizo with new potatoes, chives, cilantro, garlic, onion, topped with tomato passata crème fraîche

Roasted sweet potato, chorizo and halloumi

Oven roasted sweet potato, chorizo, spinach, sun-dried tomatoes, chilli, smoked paprika, garlic, honey and thyme

Vegan slow cooked mixed mushrooms

A mix of mushrooms slow cooked in soy, coriander, garlic, chilli, tomatoes, lime, maple, paprika and cumin sprinkle with vegan cheese and toasted ciabatta bread

Oven baked feta with olives and thyme

Oven baked feta with black olives, peppers, tomatoes, parley and fresh rosemary, thyme, onions, honey and balsamic glaze

Tuscan bean, chorizo and halloumi stew (Vegan option available)

Beans, onion, coriander, peppers, tomatoes, chorizo, sweet paprika, thyme, fresh parsley, tomatoes, a splash of red wine topped with crème fraîche

Roasted mixed of seasonal vegetables with quinoa, rice and feta cheese

Roasted artichokes with tomatoes, peppers, mushrooms, onions, courgettes, spinach, basil, dill, lemon, and toasted seeds topped with feta

Spanish meatballs with a smokey tomato sauce

Mince beef balls fried in tomato, smoked paprika, onion, garlic, chilli and fresh rosemary with fresh bread

Mexican beef with melted cheese

Pan fried steak fried with peppers, mushrooms, courgette, cilantro, garlic, ginger, red onion and tomato with smoked cheese & jalapeños & chipotle mayonnaise

Pan fried lime chicken

Pan-fried chicken breast with basil, garlic, peppers, mushrooms, courgette, oregano, red onion, tomato salsa, lime and honey with crème fraîche

Chilli beef

Fried mince beef with, onion, garlic, chilli, smoked paprika, oregano, mixed beans, topped with sun-dried toms, jalapeños, coriander, mozzarella & crème fraîche

Shredded hoisin pork

Slow cooked pork in a hoisin marinade, lemon, soy, pepper, toasted seeds, fresh lime & coriander topped with a red onion and tomato salsa

Bruschetta with Parma ham and tomato salsa

Toasted bruschetta with oil, garlic, salt, mixed olives fresh basil red onion and tomato salsa

Honey butter and coconut shrimps

Pan fried king prawns, basil, garlic, honey, butter, coconut milk & fresh onion tomato & cilantro salsa

Spicy white crab with lime & chipotle chilli ciabatta

Spicy white crab meat with anchovies, garlic, lime, chipotle flakes and paprika with jalapeño with lemon mayo

Nachos £7.50 (Add a topping for £2.50)

Homemade nachos with melted mozzarella cheese, tomato chutney and crème fraîche

+ Shredded hoisin pork

+ Ground chilli beef

+ Three cheeses - Mozzarella, brie and smoked

+ Vegan chilli

MOCKINGBIRD HIGH TEA

£15 PER PERSON – MINIMUM TWO PERSONS SHARING

Add a glass of chilled Prosecco for £5

Served from 12- 3pm (Monday - Saturday)

To avoid disappointment, please pre-book your High-Tea. Last minute requests will be at the discretion of the Chef depending on availability.

Gluten free and vegetarian alternatives are available.



MENU

Choice of Cornish tea or an Americano coffee

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### **Selection of sweet treats**

Chocolate brownie, Polenta cake, Eaton mess, mini meringues, homemade sponge and cheesecake

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Savoury croissant

Parma ham & cheese with tomato chutney & crème fraîche

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### **Open sandwich**

Bacon, brie & chilli jam

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Salad

Prawns with lemon mayonnaise

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### **Other yummy bits**

Olives, hummus, crisps, nachos, taco wraps, salad, mango salsa & coleslaw