

SEA SPRAY

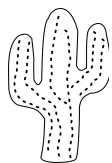
est. 2017

LUNCH
SERVED
12:00-15:00

FUNKY WRAPZ

falafels, fresh avocado, homemade hummus with a side salad. (vg) 8

southern fried chicken, crispy bacon bits, garlic mayonnaise with a side salad. 8.5



AWESOME TOASTIES

cheddar cheese and chunky caramelised red onion marmalade.(V) 7.5

bacon, brie and cornish sweet chilli jam. 8.5

all toasties are made from St Agnes bakery sourdough, served with a fresh salad.

SIDES

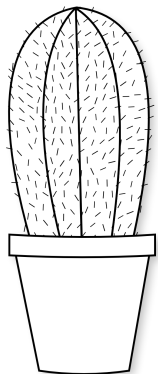
chicken goujons and BBQ sauce. 5.5

hummus and bread (V) (VG) 4.5

salad (V) (VG) 4

chips (V) (VG) 3

cheesy chips (V) 3.5



THE MAIN EVENT

hemp and kale vegan burger with sweet chilli sauce w/ salad garnish and fries. (VG) 9

buttermilk chicken burger, garlic mayonnaise w/ salad garnish and fries. +bacon £1 9.5

homemade sea spray steak cheese burger w/ salad garnish and fries. + bacon £1 9.8

nachos, melted cheese, sour cream, salsa, guacamole and jalapeños. (V) 10

homemade fish cakes served with large salad and a chilli dipping sauce. 10.5

BIG BOY SALAD BOWLS

deep fried halloumi cubes and blue cheese dressing (V) 9.5

vegan falafels, homemade hummus and toasted sourdough, salad tossed in balsamic citrus dressing (VG) 10

all salads topped with nuts, seeds and other signature toppings.

wifi seasprayfistral17

if you have any allergies or dietary requirements, please speak to a member of staff.



SOFTIES

Folkington Juices:

cloudy apple, elderflower juice, pink lemonade.

2.5

fruit shoot

1.5

fanta orange,pepsi, diet pepsi, 7Up.

2

still or sparkling can o water 1.75

ALCOHOL

swifties cornish lager 3.5

corona 3.6

peroni 4

lushingtons-sunshine pale ale 4

rattler original cornish cider 6% 4.2

a selection of wines also available, please ask a member of staff.



children's lunch

chicken goujons and chips

fish bites and chips

cheddar cheese toastie

5