

BRUNCH MENU



BRUNCH SERVED UNTIL 11.45AM

THE FULL CORNISH BRUNCH	£7.50
Smoked Cornish Back bacon, eggs, mushrooms, grilled tomatoes	
THE FULL VEGGIE BRUNCH	£6.95
Grilled tomatoes, mushrooms, eggs and crispy polenta chips	
SMOKED CORNISH BACK BACON AND EGGS	£5.95
Served with your choice of fried, poached or scrambled eggs	
DAK-SMOKED SALMON AND SCRAMBLED EGGS	£7.50
POACHED FREE RANGE EGGS AND MUSHROOMS	£5.95
BALSAMIC-GRILLED TOMATOES AND SCRAMBLED EGGS	£5.95
FRAZZLED CHORIZO, MUSHROOMS AND FRIED EGGS	£7.95

All served with hot buttered toast. Gluten free toast also available on request.

SIDES

HERB-SAUTÉED NEW POTATOES	£2.95
CHUNKY POLENTA CHIPS	£2.95
TOAST & CORNISH BUTTER	£1.50
PRESERVES	£0.50
TOASTED TEACAKE	£1.80
BASKET OF BREAD	£2.50

Omelette Bar

Hearty 3 egg omelettes, made with local free range eggs and served with your choice of salad or toast.

CORNISH CHEDDAR & ONION	£6.50
CORNISH CHEDDAR & TOMATO	£6.50
SMOKED CORNISH BACK BACON & LOCAL BRIE	£7.50
CORNISH HAM & CHEDDAR	£7.50
SPANISH CHORIZO & ONION	£7.50

LUNCH MENU



GLUTEN FREE SPECIALITIES

HOMEMADE CHORIZO, CHICKPEA AND PEPPER STEW – Our classic own recipe Spanish chorizo sausage stew is packed with paprika and full of flavour. Served with toasted gluten free bread. **£8.95**

ROASTED CORNISH HAM, FREE RANGE EGGS AND SAUTEED DELI POTATOES – Just think posh ham, egg and chips – deli style. **£9.95**

ANTI-PASTO PLATTER – a deli counter tasting delight, featuring a classic selection of cured meats, olives, pickles, chutney and salad. Served with gluten free bread. **£9.95**

THE DELI BURGER – 100% prime Cornish steak burger served in a gluten free bun and topped with melting Cornish cheddar, salad and relish. Served with your choice of polenta chips or sautéed deli potatoes. Add Cornish bacon or frazzled chorizo for £1. **£9.95**

BALSAMIC GRILLED TOMATOES AND MELTING GOATS CHEESE BRUSCHETTA - Juicy tomatoes, splashed with balsamic, grilled, and topped with creamy goats cheese on toasted gluten free bruschetta with a leafy salad. **£7.95**

MELTING CORNISH BLUE CHEESE AND MUSHROOM BRUSCHETTA - Mushrooms and onions, fried in a little garlic oil, topped with Cornish Blue, and finished under the grill. Served on toasted gluten free bruschetta with leafy salad. **£8.95**

CORNISH CHEESE BOARD – a selection of award winning local cheeses including Cornish Yarg, Cornish Blue and Cornish Brie. Served with gluten free toast, chutneys and pickles. **£6.95**

SIDES

SAUTÉED DELI POTATOES **£2.95**

CHUNKY POLENTA CHIPS **£2.95**

SIDE SALAD **£2.95**

DELI MARINATED OLIVES **£2.50**

DELI SALADS

CREAMY GOATS CHEESE & BALSAMIC BEETROOT SALAD **£9.95**
with olives, tomatoes and peppers

OAK-SMOKED SALMON AND CORNISH BRIE SALAD **£10.95**
with capers and pickles

SMOKED CORNISH BACK BACON & MELTING LOCAL BRIE SALAD **£9.95**
with a sweet redcurrant dressing

Omelette Bar

Hearty 3 egg omelettes, made with local free range eggs and served with your choice of salad or gluten free toast.

CORNISH CHEDDAR & TOMATO or ONION **£6.50** **CORNISH HAM & CHEDDAR** **£7.50**

SMOKED CORNISH BACK BACON & LOCAL BRIE **£7.50** **SPANISH CHORIZO & ONION** **£7.50**

KIDS

THE LITTLE DELI

At the Cornish Deli, we believe little people should eat as well as big people. We can make smaller or more simple versions of most dishes, so please just ask about any specific requirements.

EVENING MENU

GLUTEN
FREE



DELI TAPAS AND STARTERS

Smaller plates, perfect as starters or perhaps to share as part of a selection of tapas

- PATATAS BRAVAS** Spicy sautéed new potatoes in a fiery tomato chilli sauce. £5.95
- BALSAMIC GRILLED TOMATOES AND MELTING CORNISH GOATS CHEESE** £5.95
Juicy tomatoes, splashed with balsamic, grilled, and topped with creamy goats cheese.
- MELTING CORNISH BLUE CHEESE AND MUSHROOMS** Mushrooms and onions, fried in a little garlic oil, topped with Cornish Blue, and finished under the grill. £6.95
- GARLIC or CHILLI KING PRAWNS** Juicy king prawns, fried in a little garlic butter, or with some fiery chilli. The choice is yours. £6.95
- PAN-FRIED CHORIZO SQUID** Strips of frazzled chorizo, calamari squid, garlic, onions and dash of sweet chilli £6.95

MAINS MAINS MAINS MAINS

- CORNISH DELI BURGER** Handmade 100% Cornish chuck steak burger served with all the trimmings, cheese of your choice from the deli counter and herb-sautéed new potatoes or chunky polenta chips. £10.95
- PAN FRIED FILLETS OF LOCAL FISH WITH KING PRAWNS AND SQUID** Monkfish, lemon sole and haddock served on a bed of samphire and sautéed new potatoes with lemon, fresh herb and butter sauce. £14.95
- PAN-FRIED FILLET OF LOCAL COD WITH HOMEMADE CHORIZO, CHICKPEA AND PEPPER STEW** £12.95
Served with sautéed new potatoes or polenta chips.
- FRAZZLED CHORIZO AND SQUID ONE POT** Our favourite dish made bigger and cooked up with some lovely sautéed potatoes. £12.95

SIDES

HERB-SAUTÉED POTATOES	£2.95
CHUNKY POLENTA CHIPS	£2.95
SIDE SALAD	£2.95
DELI MARINATED OLIVES	£2.95

DELI SALAD BAR

- CREAMY GOATS CHEESE, BALSAMIC BEETROOT & CRISPY POLENTA** £9.95
- LOCALLY SMOKED SALMON AND CORNISH BRIE SALAD WITH CAPERS & PICKLES** £10.95

DAILY SPECIALS We offer a selection of specials, so please just take a look at the chalkboard for more details.