



Lunch Menu

Penne Carbonara & garlic bread (gfo) £10.95

'Spirit' Gloucester beef burger, crisp onion rings, parmesan mayo, tomato chilli relish, brioche roll (gfo) £12.95

Breaded Cornish plaice fillet, thick cut chips, tartar sauce & fresh lemon £12.25

Local crab, fresh egg tagliatelle, chilli, lemon, extra virgin olive oil (gfo) £6.95/£12.95

Sourdough bruschetta with a choice of topping, choose from:

Scilly brown crab & prawn £10.25; Prosciutto smoked cheese & confit tomato £8.25;
or mixed watercress & wholegrain mustard seed salad £9.25

Aged balsamic glazed goat's cheese, rocket, toasted walnut & truffle pesto (v) (gf) £6.50/£12.50

'Spirit' ploughman's lunch; Scilly scotch egg, Davidstow cheddar, Helford blue cheese, pickles, fruit & Scilly ale chutney, sourdough & fresh apple (gfo) £11.65

Salads

Feta cheese, tomato & cucumber salad (gf) £3.25/£7.50

Classic Caesar salad (gfo) £5.95

Pan roasted chicken Caesar salad (gfo) £7.95

Sandwiches

White or Harvester brown bloomer bread (gluten free option available)

Local Victoria Jane landed crab, caramelised lemon & chive crème fraiche £10.25

Gloucester salt beef, pickled vegetables & peppered cream cheese £7.25

Home smoked West Country chicken, orange & thyme mayonnaise £6.95

Cornish brie, avocado & crisp pancetta (vo) £7.50

Vegetarian club; St Mary's egg mayonnaise, watercress, grated carrot & beef tomato slices (v) £6.95

Sides

£3.25 each

Thick cut chips | Crisp onion rings | Hummus & sourdough toast | Garlic roasted new potatoes

Bread board; Cornish butter, aged balsamic & extra virgin rapeseed oil, marinated olives

Desserts

'Spirit' Peanut butter fudge & chocolate ice cream sundae (gf) £6.95

Warm chocolate brownie, chocolate sauce & vanilla ice cream £5.95

Selection of homemade ice creams (gf) £4.95

