

LUNCH MENU

BITES

Olives VG Garlic and rosemary 106 kcal	4
Feta stuffed peppers V 255 kcal	5
Salt & pepper squid Sriracha mayo 411 kcal	8
Monkfish scampi GF Beer batter, saffron aioli 426 kcal	10

STARTERS

Soup of the day V Croutons, grated cheese	6.95
Beetroot & goat's curd salad V, VGA Heritage beets, land cress, candied walnuts, a drizzle of balsamic glaze 414 kcal	9
Potted ham hock Date and tamarind chutney, toasted sourdough 301 kcal	10

MAINS & SANDWICHES

Harbour fish & chips GFA Thick cut chips, smashed peas, tartare 825 kcal	19
8oz Ribeye steak GF 30 day aged, locally sourced beef, steak salt 861 kcal	28
Steamed mussels Cornish cider, crème fraîche, served with warm crusty bread 306 kcal	12/ 19
Mushroom & black truffle gnocchi V, VGA King oyster mushrooms, sage, cream 677 kcal	19
Harbour hamburger Lettuce, tomato, burger relish, brioche bun, fries 892 kcal <i>Add West Country cheddar or blue cheese 112/141 kcal</i> <i>Add maple-cured slab bacon 201 kcal</i>	19 2 2.5
Harbour club sandwich GFA Grilled chicken, bacon mayo, hen's egg, lettuce and tomato on toasted bloomer 664 kcal	12
Aged Cheddar & spiced tomato chutney V Soft white or brown bloomer 414 kcal	10
Smoked salmon sandwich Dill crème fraîche, cucumber, lemon 435 kcal	10
Truffled chicken mayonnaise Truffle aioli, baby watercress, malt or white bloomer 617 kcal	10

V vegetarian • **VG** vegan • **GF** gluten-free • **GFA** gluten-free available

If you are concerned about any food allergies or dietary requirements please speak to a member of the team who would be delighted to assist.
Adults require approximately 2000 kcal a day. All prices are inclusive of VAT and a discretionary gratuity of 12.5% is added to the total bill and divided fairly between the team and independently from the business.

HARBOUR

KITCHEN, BAR & TERRACE