



Lunch Menu

Sandwiches, Baguettes & Paninis

	<i>Sandwich/Baguette</i>	
<i>Fresh Local Crab with Lemon Mayonnaise & Rocket</i>	<i>£7.50</i>	<i>£8.50</i>
<i>Local Free range Egg Mayonnaise</i>	<i>£4.50</i>	<i>£5.50</i>
<i>West Country Cheddar & Red Onion Marmalade</i>	<i>£4.50</i>	<i>£5.50</i>
<i>Smoked Salmon & Cream Cheese</i>	<i>£6.50</i>	<i>£7.50</i>
<i>Cornish Honey Smoked Ham with Cheese & Red Onion Marmalade</i>	<i>£5.50</i>	<i>£6.50</i>

	<i>Sandwich Baguette/Panini</i>	
<i>Brie, Bacon & Cranberry</i>	<i>£5.50</i>	<i>£6.50</i>
<i>Spinach, Mushroom and Brie Panini</i>		<i>£5.95</i>
<i>Tuna Melted Cheddar Cheese Panini</i>		<i>£5.95</i>

Mains

<i>Homemade Soup of the Day</i>	<i>£4.50</i>
<i>Spero's Burger – Homemade Burger made with Prime Cornish Beef, with Mothers Homemade Relish served with Chips & Salad</i>	<i>£9.50</i>
<i>Add Bacon & Cheese</i>	<i>£1.00</i>
<i>Char Grilled Butterfly Chicken Breast Burger topped with Sun Blush Tomatoes & Mozzarella, served with Chips & Side Salad</i>	<i>£8.95</i>
<i>Beer Battered Local Catch of the Day served with Chips & Minted Pea Puree</i>	<i>£9.00</i>
<i>Homemade Scillonian Crab Cakes Served on a bed of Mixed Salad & drizzled with a Sweet Chilli Dressing</i>	<i>£10.50</i>
<i>Traditional Caesar Salad with Char Grilled Chicken, Anchovies, Herb Croutons, Finished with Parmesan Shavings & a Rich Caesar Dressing</i>	<i>£9.25</i>
<i>Seafood Salad – Local Crab, Smoked Salmon & King Prawns on a bed of Mixed Leaves with a Lemon Crème Fraiche dressing served simply with Crusty Bread</i>	<i>£12.50</i>

Extras

<i>Portion of Chips</i>	<i>£2.50</i>
<i>Side Salad</i>	<i>£2.00</i>
<i>Marinated Pitted Olives</i>	<i>£2.95</i>
<i>Warm Crusty Bread</i>	<i>£1.50</i>

Kids Menu – All Kids Meals £4.00 and Include a Glass of Squash

Breaded Chicken Goujons Served with Chips & Baked Beans or Salad

Homemade Fish Goujons Served with Chips & Baked Beans or Salad

Cheese & Tomato Pasta

Plain Cheese Sandwich with Side Salad

Children's St Agnes Ice-cream *£2.95*

All our principle ingredients are sourced from Local and Cornish Produce wherever possible and are all cooked to order.

Please note that all our dishes may contain traces of nuts.