

# LIGHT LUNCH

## LUNCH PLATES

### CHEF'S HOMEMADE SOUP OF THE DAY

Crusty Bread V 6.95

### TRADITIONAL CORNISH PASTY

Cornish Steak with Root Vegetables in Shortcrust Pastry with Salad Garnish or chunky Chips 9.95

### WRECKERS FISH PIE

Fresh Salmon, Cod and Smoked Haddock in a Creamy Sauce topped with Cheesy Mash and served with steamed Vegetables or Salad  
VG 10.95

### FRITTO MISTO

Crispy Calamari, Breaded Whitebait, Scampi and Cod Bites served with Skinny Fries or House Salad  
12.95

## ST AUSTELL BAY MUSSELS

Steamed fresh local Mussels three ways with Crusty Bread or Skinny Fries G 8.00/16.00

**THAI** Kaffir leaves, Lemongrass & Coconut

**PROVENÇAL** Tomato Provençal & White Wine

**MARINIÈRES** White Wine, Garlic & Cream

## OMELETTES

Freshly prepared with Cornish Free-range Eggs  
Choice of any two fillings  
served with Salad Garnish or Chips GV 10.95

Cheddar ~ Gammon Ham ~ Tuna ~ Salmon

Bacon ~ Blue Cheese ~ Coldwater Prawns

Mushrooms ~ Fresh Spinach ~ Red Onion

Sunblush Tomato ~ Spring Onion ~ Peppers

## SANDWICHES & JACKETS

White or Granary Crusty Bread or baked Cornish Jacket Potato all served with Salad Garnish

### CHOOSE A FILLING BELOW

Cheddar, Red Onion & Apple Chutney V 7.95

Gammon Ham & House Coleslaw 7.95

Cold Water Prawns, Lettuce & Marie Rose 8.95

Tuna, Lettuce, Spring Onion & Mayo 7.95

Parma Ham, Mozzarella and Tomato 7.95

Bacon, Lettuce, Tomato & Mayonnaise 8.50

Cornish Brie and Cranberry Compote V 7.95

Chicken, Bacon & Cheddar 8.95

Handpicked Crab, Mayonnaise & Lettuce 9.95

## FISH POTS

A delicious bowl of fishy loveliness with Crusty Bread for dunking G 9.00

Fresh Cod, Salmon & Smoked Haddock

### FRENCH STYLE

White Wine, Garlic & Tomato Provençal

### THAI STYLE

Kaffir leaves, Lemongrass & Coconut

### CORNISH STYLE

Saffron, Leeks & Cream

## BREAKFAST UNTIL 12 NOON

### WRECKERS BREAKFAST

Pork Sausage, Back Bacon, Eggs, Baked Beans Tomato, Mushrooms on Toast 10.95

### VEGETARIAN BREAKFAST

Mushrooms, Tomato, Eggs, Baked Beans, Bubble and Squeak on Toast V 9.95

**EGGS ON TOAST** Fried, Poached or Scrambled Eggs on Farmhouse or Granary Toast 7.50

**JUST TOAST** Chunky slices of Farmhouse or Granary Toast with Butter & choice of Preserves V 3.95

**TOASTED WAFFLES** with Butter and Golden Syrup 5.50