

Light Lunch

V=vegan option available G= gluten free option available

You must inform us of any food allergy before you order

To cut food waste and reduce the price you pay we don't put anything on your plate you didn't choose

Brunch served all day

WRECKERS BREAKFAST 8.50

Sausage patty, smoked Back Bacon, Fried Egg, Baked Beans, Roasted Tomato, Mushrooms on Toast

VEGGIE BREAKFAST VG 8.50

Bubble and squeak, Mushrooms, Roasted Tomato, Fried Egg or Haloumi, Baked Beans, on Toast

EGGS N MUFFIN G 4.50

2 poached or fried Eggs on a toasted Muffin

Add a choice of

Sausage patty or Back Bacon or Smoked Salmon 2.00

Mushrooms or Tomato or Guacamole or Spinach 1.00

WARM WAFFLES with Butter and Maple Syrup 5.50

JUST TOAST VG 2 slices of Farmhouse or Granary Toast with Butter & choice of Preserves 2.95

Lunch Plates

CHEF'S HOMEMADE SOUP OF THE DAY

Crusty Bread VG 5.95

TRADITIONAL CORNISH PASTY G 7.95

Fresh baked onsite Cornish Premier world champion
Steak or Vegetable Pasty

WRECKERS FISH PIE G 8.95

Fresh Salmon, Cod and Smoked Haddock
in a Creamy Sauce topped with Cheesy Mash

FRITTO MISTO 9.95

Crispy Calamari, Breaded Whitebait,
Scampi and battered Cod Bites

BURRITO WRAP VG 8.95

Jasmine Rice, Guacamole, Black Beans, Tomato Salsa with
a choice of
Southern Fried Chicken
Grilled Haloumi
BBQ pulled Jackfruit V

WRECKERS FISHCAKES G 8.95

2 Smoked Haddock, Salmon and Cod Fishcakes served on
Spinach Leaves with Caper Mayo

CHICKEN AND BACON CLUB CIABATTA VG 8.95

Chicken Breast, Crisp Streaky Bacon, Cheddar, Tomato,
Red onion and Chipotle Mayo
Swap for grilled Haloumi or Jackfruit and Vegan Mayo

MAC N CHEESE VG 7.95

Delicious bowl of Vegan Macaroni Cheese. Try it with
BBQ pulled Jackfruit 1.00 Streaky Bacon 1.00

Add

Salad Garnish 2.00

Chunky or Skinny Fries 2.00

Steamed Fresh Vegetables 2.00

Fish Pots

**A delicious bowl of fishy loveliness
with Crusty Bread for dunking G 8.95**
Fresh Cod, Salmon & Smoked Haddock

FRENCH STYLE

White Wine, Garlic & Tomato Provençal

THAI STYLE

Kaffir leaves, Lemongrass & Coconut

CORNISH STYLE

Saffron, Leeks & Cream

Sandwiches and Jackets

Cornish baked Jacket or Ciabatta

Choice of any two fillings VG 5.95

Cheddar ~ Gammon Ham ~ Tuna ~ Smoked Salmon

Chicken ~ Crispy Bacon ~ Coldwater Prawns ~ Brie

Fresh Tomato ~ Sunblush Tomato ~ Spring Onion

Fresh Spinach ~ Red Onion ~ House Slaw

Fresh Peppers ~ Cranberry Compote ~

Mozzarella ~ Lettuce

Free Fixings

Mayo ~ Marie Rose ~ Apple Chutney ~ Sweet Chilli Sauce

Aioli ~ Chipotle Mayo ~ Mustard ~ Salsa

Add a Salad Garnish 2.00 Chunky or Skinny Fries 2.00

Sides VG

Chunky or Skinny Fries 3.00

Sweet Potato Fries 3.95

Onion Rings 3.50

Green Salad 3.00

Buttered Mash 3.50

House Slaw 2.50

Garlic Bread 3.50

House Salad 3.95

Steamed Vegetables 3.50

New Potatoes 3.00

Haloumi Sticks 3.95