

STARTERS & NIBBLES

GARLIC BREAD ciabatta (V) . £2.95

GARLIC PIZZA BASE (V) . £4.25
with pesto and mozzarella . £5.95

BOWL OF MARINATED OLIVES
including Sicilian Nocellara (V) . small £3.25 / large £4.95
add sun blushed cherry tomatoes . 75p

CIABATTA BRUSCHETTA
red onion, diced tomato, parsley and basil pesto (V) . £5.50
field mushroom, Nduja and taleggio cheese . £6.25
ricotta, pea and mint (V) . £5.50

CLASSIC ITALIAN SALAD . £6.50
cow's milk mozzarella, vine ripened sun blushed cherry tomatoes, peppered rocket and basil, extra virgin olive oil and grana padana shavings

TEMPURA PRAWN TAILS . £7.00
simple but succulent battered prawns, served with a
sweet chilli dipping sauce

CALAMARI . £6.50
panko crumb coated squid served with lemon mayonnaise

MOZZARELLA AND VINE TOMATO SALAD (V) . £6.25
fresh basil pesto, rocket and a balsamic drizzle

HOME MADE SOUP AND WARM BREAD . £6.55
ask your server for today's offering

GREAT FOR SHARING

ELEMENTS CHARCUTERIE AND PICKLE PLATTER . £11.50
sliced cured Italian meats presented with pickled red chilli peppers
and caper berries with Nduja paste and bread

ANTIPASTA PLATTER . £13.95
king prawn tails, cured meats, buffalo mozzarella, grilled
peppers, marinated aubergines and courgettes, olives, tomato and
rocket salad with goats cheese, warm ciabatta and grissini bread sticks

CRUSTY COUROSNE BREAD RING (V) . £5.95
virgin olive oil and balsamic

VEGETARIAN ANTIPASTA PLATTER (V) . £11.95
buffalo mozzarella, grilled peppers, marinated aubergines and
courgettes, olives, tomato and rocket salad with goats cheese,
warm ciabatta and grissini bread sticks

OVEN BAKED CAMEMBERT (V) . £10.95
studded with rosemary and garlic cloves, lightly spiced tomato chutney
and crisp ciabatta

SALADS

ELEMENTS GRAND CHICKEN CAESAR . £13.75
chicken breast, crispy pancetta, soft boiled egg, anchovies, croutons,
cos lettuce, Caesar dressing, parmesan shavings and prosciutto strips

ROASTED BEETROOT (V) . £12.25
mixed leaves and rocket, crumbled goats cheese,
toasted walnuts, beetroot, orange and sour cream dressing

SALMON NICOISE . £12.50
poached salmon, cos lettuce, cherry tomatoes, green beans,
new potatoes, olives, balsamic dressing, finished with a soft boiled egg

ROASTED BUTTERNUT SQUASH (V) . £12.50
marinated feto and goats cheese, red and yellow peppers, toasted seeds,
spinach leaves, balsamic and olive oil dressing

PIZZA

BONDI (V) . £8.75
mozzarella and tomato... pure and simple

CLOUDBREAK . £11.50
baked in the traditional way with tomato and mozzarella, then
topped with more mozzarella, prosciutto, a layer of fresh rocket
and balsamic drizzle as it leaves the oven

HOSSEGOR . £11.50
baked with tomato, mozzarella, blue cheese,
cheddar and egg then topped with spinach and parmesan

MAVERICK . £12.25
mozzarella and tomato base, topped with ham, red onions
and capers with baby mozzarella balls and dressed rocket

PUERTO ESCONDIDO . £12.95
chilli beef, hot sausage, chicken, chorizo, jalapeno,
red and yellow peppers

TOFINO (V) . £12.25
Calzone folded pizza base filled with chargrilled
vegetables, sweet onions and goats cheese with baby spinach
and pesto, served with a dressed salad
add diced chorizo for an extra £1.95

MALIBU . £10.95
a big helping of pepperoni for those who love
their flavours strong and simple

MALIBU HOT . £12.25
as above but with jalapeno, red roquito teardrop
peppers and garlic

LIMA . £13.95
if you like seafood then this is for you, a basic Bondi base with
red onion and capers, then we add crayfish tails, king prawn tails,
white anchovies finished with rocket, parsley and garlic

MAINS

10oz RIBEYE STEAK . £22.95 .
Charred to your liking.

served with a roasted field mushroom, homemade onion rings
with skin on hand cut chips or seasoned fries and balsamic dressed salad.
Choose your accompanying sauce from the sides if you wish.

SLOW ROASTED CONFIT OF BELLY PORK . £16.95
rolled and slow cooked with tender vegetables and herbs, sat with
roasted crushed new potatoes and buttered curly kale with a light cider
cream sauce and caramelised apple puree

BEEF BURGER/CHICKEN BURGER/HALLOUMI AND PEPPER BURGER . £10.95
juicy 6oz beef burger/6oz chicken breast with slices of red onion, vine
tomato, dressed leaves, caramelised onion, mozzarella melt, sweet
tomato chutney & seasoned fries

FISH AND CHIPS . £12.95
local beer battered pieces of our fish of the day, with seasoned fries,
lemon mayonnaise and dressed leaves

CHICKEN SALTIMBOCCA . £14.95
our ever popular chicken breast, filled with mozzarella and sage leaf,
wrapped in prosciutto, served with a white wine and cream sauce with
green beans and either buttered new potatoes or seasoned fries

HOT ROASTED CATCH OF THE DAY
ask your server to find today's fish with either seasoned fries or buttered
new potatoes with a balsamic dressed salad

PASTA

CRAYFISH TAIL AND KING PRAWN CASARECCIA . £16.75
sautéed crayfish and king prawn, chilli jam, parsley and cherry
tomatoes in a rich lobster bisque with fresh basil,
finished with rocket

CASARECCIA WITH MEATBALLS . £11.95
chilli jam, roasted peppers, caramelised onions,
parsley and garlic and a rich tomato sauce

CHICKEN AND MUSHROOM PAPPARDELLE . £11.95
flat ribbon pasta in a rich and creamy sauce of sautéed chicken
and mushrooms, herbs and parmesan

CASARECCIA CARBONARA . £11.50
smoked pancetta, garlic and parsley, tossed egg
cream and parmesan
(V) without parmesan and pancetta

PAPPARDELLE WITH SPINACH . £9.95
a light dish of pasta tossed with peppered rocket, spinach,
basil pesto and extra virgin olive oil finished with ricotta cheese

PAPPARDELLE AND WILD MUSHROOM . £14.95
sautéed wild mushrooms tossed with parsley
and garlic finished with white truffle oil and grana padana cheese

LASAGNE CLASSIC . £11.75
layers of fresh pasta, delicate béchamel and bolognese

ROASTED BUTTERNUT SQUASH RISOTTO . £14.50
creamy risotto of butternut squash, roasted pepper and wilted
spinach finished with grana padana and creme fraiche
(V) without parmesan

SEASONED FRIES WITH ROSEMARY SEA SALT (V) . £3.25

BUTTERED NEW POTATOES (V) . £3.25

SAUTÉED GREEN BEANS WITH PANCETTA & PARSLEY . £4.25

CAESAR SALAD . £6.50
cos, parmesan, anchovies, croutons and caesar dressing, the
classic side to go with any meal

MIXED SALAD (V) . £3.95
mixed leaves, tomato, red onion, cucumber, olive oil
and balsamic dressing

ROCKET AND SUN BLUSHED CHERRY TOMATOES . £4.95
olive oil and grana padana shavings

Sauces to accompany your steak

PEPPER SAUCE . £2.95
CREAMY MUSHROOM SAUCE . £2.95
with parsley and garlic

We take cash, Visa, Mastercard & Maestro.
We do not include service on your bill.

Please advise on dietary requirements and allergies, our staff
will advise on alternative dishes. We can't guarantee our dishes
are 100% allergen free. (V) suitable for vegetarians. Parmesan
is not suitable for vegetarians.

We stock gluten free pasta and pizza bases so can make most
dishes for you.

SIDES

Something for the little ones...

HOT BAKED MACARONI CHEESE (V) . £5.50
macaroni pasta bound with cheese sauce and fresh parmesan with warm ciabotta

PASTA BOLOGNAISE . £5.50
spaghetti pasta bound in the classic bolognese sauce with parmesan cheese and warm ciabotta

CHICKEN OR BEEF BURGER . £7.50
take away the extras but not the size and keep it simple, we'll throw in the cheese if you wish

KIDS SIZE PIZZA . £5.95
choose a pizza from the main menu

FRESH BATTERED FISH AND CHIPS . £6.50
with fries and mayonnaise dip

BAKED LASAGNE . £5.50
a child's portion of our popular baked lasagne, with tomato sauce and warm bread

DESSERTS

LEMON POSSET . £5.75
fresh raspberries and honeycomb

CRÈME BRÛLÉE . £ 5.75
vanilla and plum compote and shortbread biscuit

TIRAMISU . £5.75
espresso soaked Savoiardi biscuits, finished with a blend of mascarpone, cream, coffee, cocoa and Tia Maria

CHEESECAKE OF THE DAY . £5.75
ask server

WARM CHOCOLATE BROWNIE . £5.75
hazelnut gelato, chocolate sauce and toasted hazelnuts

ETON MESS . £6.50
a blend of strawberries and forest berries bound with sweetened cream and meringue

CORNISH BRIE, BLUE AND YARG . £7.95
with sweet tomato chutney and crisp biscuits

GELATO

KNICKERBOCKER GLORY . £5.95
layers of fruit, gelato and fruit puree topped with sweetened cream and cherries

CHOCOLATE INDULGENCE SUNDÆ . £5.95
chocolate and vanilla gelato, chocolate sauce, chocolate pieces and Chantilly cream

COPPA GELATO . £4.25
2 scoops of gelato in a bowl, choose from vanilla, chocolate or strawberry or see specials menu for more flavours

BELGIAN WAFFLE NEAPOLITAN . £6.95
topped with strawberry, vanilla and chocolate gelato with toffee and chocolate sauce

AFFOGATO . £3.25
a scoop of vanilla ice cream topped with a shot of espresso (add a shot of liqueur - priced accordingly)

KIDS NOVELTY ICE CREAMS . £3.25
strawberry, vanilla or chocolate ice cream in a crazy toy

KIDS MERINGUE AND GELATO . £3.50
light meringue, topped with a scoop of gelato (vanilla, strawberry or chocolate) with either fruit or chocolate sauce

- DRAUGHT BEERS -

PERONI NASTRO AZZURRO 4.8% pint . £4.40

STELLA ARTOIS 4% pint . £3.80

GUINNESS SURGE 4.1% pint . £3.90

BASS SMOOTH 3.8% pint . £3.70

THATCHERS GOLD CIDER 4.8% pint . £3.80

Ask your server about our guest beers

- SPIRITS -

APERITIFS 50ml . £2.40

SPIRITS (e.g. gin, vodka, whisky & Bacardi) 25ml from £2.50

PREMIUM SPIRITS (e.g. Jack Daniels, Courvoisier) from £3.25

LIQUEURS priced individually

MIXERS 125ml . £1.25

- SOFT DRINKS -

ORANGE / APPLE / CRANBERRY / PINEAPPLE JUICE / GRAPEFRUIT . £1.65

LEMONADE / COCA-COLA / DIET COCA-COLA . £1.50

CORDIAL . £0.75

SODA WATER . £1.00

SAN PELLEGRINO LIMONATA, ARANCIATA . £1.75

LUSCOMBE ORGANIC GINGER BEER 275ml . £3.00

CORNISH ORCHARDS SOFT DRINKS 250ml . £2.75

Pressed Apple Juice Cox Bramley & Old Cornish, Elderflower Presse,
Lemonade, Cranberry & Raspberry Sparkle,
Orange & Lemon Sparkle

FROBISHERS FUSIONS 275ml . £2.30

Orange & Passion Fruit, Apple & Raspberry, Apple & Mango

CORNISH SPRING STILL WATER 750ml . £3.00

SAN PELLEGRINO SPARKLING NATURAL MINERAL WATER 750ml . £3.00

- ITALIAN COFFEES -

AMERICANO . £1.95

ESPRESSO . £1.55/£2.45

LATTE . £2.50

CAPPUCCINO . £2.50

MACCHIATO . £1.95

HOT CHOCOLATE . £2.45

- TEAS -

SELECTION OF TWININGS TEAS see display stand . £1.75

ENGLISH BREAKFAST served in a pot with a bit of milk . £1.50

FOOD & DRINK MENU

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