

FRAGGLE ROCK LUNCH

12.00 – 2.00 except Monday



Fraggle Cod Chowder served with Crusty Bread rich & creamy with a kick of chilli	8.90
Breaded Whitebait with homemade tartar sauce	7.90
Cod Bites battered bite size pieces of cod served with curry mayo	9.50
Scilly Chilli Peri Peri Chicken topped naan spicy mayo, Indian spiced mix of chick peas & seeds, sliced chicken breast	10.20
Falafel topped Naan humous, Indian spiced mix of chickpeas & seeds	10.20
Homemade Quiche of the day with Salad	10.50
<u>Sandwiches:-</u> on either Seed Sensation or White Bread	
Cornish Crab hand-picked white & brown Crab meat in a light Lemon Mayo on a bed of crispy lettuce	15.50
Cheddar & West Country Apple Cider Chutney	7.50
Ham & Wholegrain Mustard	7.50
Cheese & Ham with West Country Apple Cider Chutney	7.90
Chips	4.50
Cheesy Chips	5.50

If you have an allergy or food intolerance **let us know before** you order

Whilst we do everything possible to mitigate the risk of cross contamination, our small kitchen handles all the FSA listed allergens, which may be present in the environment

Our cooking oil contains GM modified ingredients/Soya