



SEASIDE

Springtide KITCHEN



SMALL BITES

Cockles & Scraps	6
House Bread & Olive Oil Butter (v)	6
Olives (vg)	5.5
Devilled Whitebait & Remoulade	7.5

STARTERS

Salt & Pepper Calamari <i>Crispy chilli, lime & miso mayo</i>	9
Spiced Butternut Squash & Coconut Soup (vgo) <i>Chilli & lime, Da Bara bread</i>	8.75
Crispy Pork Belly Skewers <i>Chilli barbecue glaze, Cajun Aioli</i>	9
Prawn Cocktail <i>Avocado, bang bang sauce, lime</i>	10
Gambas Pil Pil <i>Baked tiger prawns, chilli, paprika & garlic, fresh lemon & Da Bara bread</i>	12
Smoked Mackerel & Tuna Dip <i>Pickled fennel, capers, dill, sourdough toast</i>	9
Crab Arancini <i>Tomato & basil sauce</i>	9

SPRINGTIDE SEAFOOD CHOWDER

w/Scallops, Mussels, Tiger Prawns, Local Fish & Da Bara Bakery Bread

All 26

New England Style <i>Bacon, sweetcorn, Cornish cream & new potatoes</i>
Marinière <i>White wine, confit onions & Cornish cream, cherry tomatoes, spinach & new potatoes</i>
Calabrese <i>'Nduja salami, Cornish cream, spinach, garlic, fennel, cider & new potatoes</i>

MAIN COURSES

Prawn Linguini <i>Pan-fried tiger prawns, sun-dried tomatoes, spinach & basil, white wine, cream, herb crumb, parmesan & baked garlic ciabatta</i>	22
Fish & Chips <i>Cornish IPA battered catch of the day served with chips, mushy peas & tartare sauce</i>	19
Cheeseburger <i>Westcountry beef patty, shredded lettuce, cheese, shack sauce, pickles & fries</i> Add: Smoked Bacon 2 Add: Onion Rings 2	17.5
Seared Chicken Supreme <i>Chorizo & barlotti bean stew, sunblushed tomatoes, wild garlic, salsa verde & seasonal greens</i>	20
Roasted Squash & Tomato Linguine (vg) <i>Sun blushed tomato & basil sauce, garlic toasted crumb & baked garlic ciabatta</i>	16
Grilled Catch Of The Day Fillet <i>Warm tomato, caper & olive caponata with pine nuts, grilled tenderstem broccoli & rosemary new potatoes</i>	24
Chargrilled Pork Belly Rib <i>Chipotle glaze, pickle vegetable salad & fries</i>	23

SIDES

Fries	4.5
Spicy Fries	4.5
Seasonal Greens	6
Garlic Bread	5.25
Roasted Garlic & Rosemary New Potatoes	5.5
Springtide Side Salad with vinigarette	6
Mac 'n' Cheese Bites (w/bang bang sauce)	6.5
Seaweed Salt Onion Rings & Aioli	6

FOOD ALLERGIES AND INTOLERANCES

Please speak to a member of staff about the ingredients in our dishes before placing your order. Please be aware that our dishes may contain/ome into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat.

Springtide

SEASIDE KITCHEN

LUNCH

SMALL BITES

Cockles & Scraps	6
House Bread (v) w/olive oil & sea salt butter	6
Olives (vg)	5.5
Devilled Whitebait Cajun remoulade	7.5

STARTERS

Salt & Pepper Calamari Crispy chilli, lime & miso mayo	9
Butternut Squash & Coconut Soup (vgo) Da Bara bread, chilli & lime, tarragon oil	8.75
Crispy Pork Belly Skewers Chilli barbecue glaze, Cajun Aioli	9
Prawn Cocktail Avocado, bang bang sauce, lime	10
Gambas Pil Pil Baked tiger prawns, chilli, paprika & garlic, fresh lemon & Da Bara bakery bread	12
Smoked Mackerel & Tuna Dip Pickled fennel, capers, dill, sourdough toast	9
Crab Arancini Tomato & basil sauce	9

SPRINGTIDE SEAFOOD CHOWDER

w/Scallops, Mussels, Tiger Prawns, Local Fish & Da Bara Bakery Bread

All 26

New England Style

Bacon, sweetcorn, Cornish cream & new potatoes

Marinière

White wine, confit onion, Cornish cream, fresh herbs, cherry tomatoes, spinach, new potatoes

Calabrese

'Nduja salami, spinach, Cornish cream & cider, fennel & new potatoes

MAINS

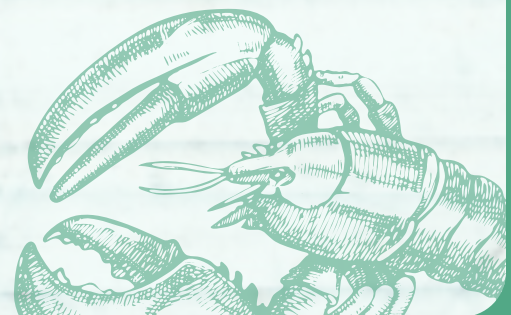
Charred Mackerel Sandwich Slow roasted tomato, rocket horseradish slaw, rustic ciabatta roll	12
Bang Bang Toasted Sandwich Prawns, sourdough, sharp cheddar, avocado, bang bang mayonnaise or without prawns (v)	12 9
IPA Battered Fish Finger Sandwich Tartare, lettuce, rustic ciabatta roll, gherkins	12
Cornish Crab Roll Hand-picked dressed white crab meat, brown crab mayonnaise, crisp leaves served w/seaweed salt fries	18.5
Cheeseburger Westcountry beef patty, shredded lettuce, pickled red onion, emmental cheese, shack sauce, pickles & served w/fries Add: Smoked Bacon 2 - Onion Rings 2	17.5
Fish & Chips Cornish IPA battered catch of the day served w/chips, mushy peas & tartare sauce	19
Springtide Salad (vgo) Spinach, lettuce, pickled vegetables, feta, piquillo chillis, cucumber, tomato, pumpkin & sunflower seeds, rustic croutons & house dressing	17
Choose your salad topping: Crispy falafel & bang bang sauce (vg) BBQ pork ends & salsa verde Prawn & spicy Marie Rose sauce	

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Fries	4.5
Spicy Fries	4.5
Seasonal Greens	6
Garlic Bread	5.5
Seaweed Salt Onion Rings & Aioli	6
Springtide Side Salad	6
Mac 'n' Cheese Bites (w/bang bang sauce)	6.5

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SUNDAY ROAST BY THE COAST

LOW & SLOW CORNISH BEEF

or

12hr ROASTED PORK BELLY

21

ROAST TRIMMINGS

Our beef & pork roasts are served with rich red wine & beef gravy & Yorkshire pudding, sausage meat stuffing, rosemary & garlic roasted potatoes, cauliflower cheese, roasted root vegetables, seasonal greens, swede & carrot mash

LENTIL & MIXED NUT (vg)

Served with veggie gravy & Yorkshire pudding, rosemary & garlic roasted potatoes, cauliflower cheese, roasted root veggies, seasonal greens, swede & carrot mash

17

KIDS ROAST

Choose any of our full size roasts & we'll create it at the perfect size for a child, served with all the trimmings

10

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