



STARTERS

Cape Cornwall winter seafood chowder (GF)
fresh, locally caught fish and shellfish in a tomato
broth with fresh herbs
7.5

Spinach ravioli (VGO)
with pesto sauce and freshly grated parmesan
7 / 10

Mozzarella sticks
deep fried with a sweet chilli dipping sauce
7

Crispy whitebait
served with garlic and parsley mayonnaise
7

MAINS

Grilled chicken breast
served with chips, mixed salad and chef's house
vinaigrette
15

Chef Chris' tasty vegan rice bowl (VG)
seasoned rice with mushrooms, green beans,
vegetables, coconut milk and olives
13

Lamb shank (GF)
slowly braised in red wine with rosemary, served with
garlic mash and seasonal vegetables
24

Blackened sirloin steak (GF)
served with new potatoes, seasonal vegetables and the
choice of either blue cheese (3) sauce or peppercorn (3)
sauce
23

SIDES

Chips
3.5

Paul's Bread
2.5

Cheesy chips
4.25

Mixed olives
4

Mixed side salad
4

Seasonal vegetables
4

DESSERTS

Vegan ice cream (VG/GF)
chocolate and salted caramel
raspberry sorbet
5

Crème brûlée (GFO)
with homemade shortbread
7

Warm chocolate brownie
with Trewithen Dairy clotted cream
7

Bread pudding
with homemade rum sauce and ice cream
8

please inform your server when ordering if you have any allergies or intolerances



BURGERS

all served on a freshly baked Paul's Bread bun
(GFO) and served with chips

add cheese 0.75 add bacon 1

Classic Cape burger
homemade beef burger
12

Cajun chicken burger
grilled Vivian Olds chicken breast
12

Spicy bean burger (VG)
12

PIZZAS

all pizzas are served on either a 9" or 12" base
GF 9" bases are available on request

Capo tropicale (GFO)
homemade pizza sauce, ham, pineapple and mozzarella
9.5 / 14

Capo margherita (V/GFO)
homemade pizza sauce, parmesan and mozzarella
7.5 / 12

Capo anna (GFO)
homemade pizza sauce, ham, artichoke and mozzarella
10.5 / 15

Capo pepperoni (GFO)
homemade pizza sauce, pepperoni and mozzarella
9.5 / 14

Capo ciacco
homemade pizza sauce, pepperoni, Cornish sausage, ham,
chilli and mozzarella
10.5 / 15

OUR LOCAL SUPPLIERS

Vivian Olds
West Country Fruit and Veg
Pauls Bread
Mounts Bay Dairy
Celtic Fish and Game

lobster, seabass, pollack and mackerel are line
caught by local
fishermen on the Cape

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