

SAIL



LOFT

Menu

Breakfast

9.30–11am

Bacon Lavash £5.50

Homemade leavened flat bread filled with smoked back bacon, Greek yogurt and chilli jam

St Michael's Toast (v) £5.50

Two crispy fried eggs served on Worcestershire and Davidstow cheddar toast

All butter croissant, jam and butter (v) £2.50

Toasted teacake (v) £2.25

Salted butter



Light lunches

12–3.30pm

Soup of the day (v) £5.95

Granary bread

Cornish Rarebit £8.50

Smoked haddock, beetroot and horseradish pesto, homemade toast

Crispy Whitebait £7.25

Fennel pollen mayonnaise

Seasonal Salad (v) £7.95

See specials board for details, homemade bread

Crab Tartine £9.50

Brown crab mayonnaise, white crab, herbs, homemade toast

Citrus Cured Salmon £8.95

Sauce verte, caper, fennel cracker

Hobblers Sharing Platter £14.95

House baked gammon, smoked mackerel, local cheese, pickled fennel, house made chutney, salad and homemade bread

Please see our blackboards for today's specials served from 12–2.30pm

Please ask a member of staff for our vegan menu

Sandwiches

All served on granary bread with
celeriac remoulade and a salad garnish

Ploughman's (v) £6.50

Davidstow cheddar, apple chutney, leaves

Gammon £6.95

House baked ham, Russian dressing, leaves

Newlyn Crab £9.95

Cornish crab with herbs & brown crab mayonnaise



Toasted sandwiches

All served on granary bread with
celeriac remoulade and a salad garnish

Parisian (v) £6.50

Caramelised onions, Swiss cheese, thyme

Anglo £6.95

House baked gammon, Cornish brie, apple

Roma (v) £6.75

Peperonata, mozzarella, oregano

Boatman £6.95

House cured salmon, Davidstow cheddar, rocket

Gluten free bread is available for all sandwiches,
please just ask when placing your order.



Little ones

Homemade fish fingers, chips, peas £6.25

Cornish sausages, chips, peas £6.25

Kids lunch bag £5.95

Ham or cheese (v) roll, crisps, fruit

All little ones meals include a carton
of orange or apple juice

Dietary Requirements

We prepare all our food freshly from our kitchen,
if you have any special dietary requirements or need any further information
regarding allergens please speak to a member of our team.

Sides

Celeriac remoulade (v) £2.00

Thick cut chips, Cornish sea salt (v) £3.50

Baby leaves, house dressing (v) £3.50

Homemade cakes

Please see the counter for today's selection of homemade cakes.

Cornish cream tea

Two homemade scones, Cornish clotted cream,
strawberry jam, served with a pot of tea
or filter coffee **£5.95**

Hot drinks

Filter coffee **£2.30**

Espresso **£2.00 | £2.30**

Americano **£2.50**

Flat White **£2.65**

Latte / Cappuccino **£2.95**

Mocha **£3.25**

Hot Chocolate **£3.25**

add cream & marshmallows 50p

Pot of tea **£1.95**

Herbal teas

Earl Grey / Peppermint / Green / Mixed Berry **£2.25**

Soft drinks

Coke / Diet Coke **£1.70**

Polgoon Juices **£2.95**

Apple / Elderflower / Cloudy Lemonade / Ginger Beer

Cornish Water **£1.50**

Still / Sparkling

Kids Juice Cartons **£1.25**

Apple / Orange

Sparkling Wine

Prosecco DOC Treviso,
Vinicola Serena

20cl **£7.25**

White wines

Sauvignon Blanc

De Gras, Chile, 2016 (12%)

Herbaceous aromas meet lychee and lemon zest
in this vibrant, medium bodied white.

125ml **£3.75** 175ml **£4.95** 250ml **£6.75**

Bottle **£19.00**

Picpoul de Pinet, Domaine de Belle Mare

Domaine de Belle Mare, France 2016 (13%)

A delicate bouquet of white flowers and green
apple lead to a mineral, sea shell finish.

125ml **£4.50** 175ml **£6.00** 250ml **£8.20**

Bottle **£24.00**

Bacchus

Polgoon single estate, Cornwall 2014 (11.5%).

A nose of fresh spring grass, gooseberry & elderflower,
ideal pairing for crisp salads with goats cheese or
Cornish shellfish, particularly crab.

125ml **£5.50** 175ml **£7.40** 250ml **£10.20**

Bottle **£29.99**

Rosé wine

Garnacha Rosado, Campo Nuevo

Campo Nuevo, Spain (13%)

A youthful, fresh rose laden with red berry
fruit and a hint of white spice.

125ml **£3.25** 175ml **£4.25** 250ml **£5.50**

Bottle **£15.95**



Red wine

Merlot, De Gras De Gras, Chile (13%)

A smooth and generous wine with ripe blackberry fruit and rounded, velvety tannin.

125ml **£3.75** 175ml **£4.95** 250ml **£6.75**
Bottle **£19.00**



Organic Malbec, Cuma, El Esteco, Argentina (13%)

A medium-full bodied wine bursting with notes of plums, dates, nuts, vanilla & hints of rosemary.

125ml **£4.25** 175ml **£5.65** 250ml **£7.75**
Bottle **£22.00**



Beers & Ciders

St Ives Brewery

St Ives Brewery Golden Lager 330ml **£4.50**

St Ives Boilers Golden Ale 500ml **£4.95**

St Ives I.P.A 500ml **£4.95**

Polgoon

Polgoon Apple Cider 500ml **£4.95**

Polgoon Elderflower Cider 500ml **£4.95**

Polgoon Berry Cider 500ml **£4.95**

Suppliers

Here are a few examples of the suppliers we use:

Fish/Seafood

Stevensons & Son, Newlyn Fish,
Seafood & Eat It

Vegetables

Heather Lane Nursery, Westcountry

Meat

Vivian Olds

Dairy

Mounts Bay Dairy, Roddas
Ice Cream – Roskilly's

