

SAIL



LOFT

Menu



Breakfast

Served 9.30am–11.00am

Fried eggs & 'nduja on toast £6.75

Ham & Taleggio toasted sandwich £6.75

Soft boiled egg & truffle toast soldiers (v) £5.50

Toast & marmalade (v) £2.55

Cornish Cream Tea

Two homemade scones, Cornish clotted cream and strawberry jam, served with a pot of tea or filter coffee £6.25

Hot Drinks

Origin filter coffee £2.35

Espresso £2.00 | £2.30

Americano £2.55

Flat White £2.70

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 £1.95

Polgoon Juices £2.95

Apple / Elderflower / Cloudy Lemonade

Can-o-Water £1.60

Still / Sparkling

Kids Juice Cartons £1.30

Apple / Orange

Served 12.00pm–3.30pm

Light Lunches

Soup of the Day £6.25

Homemade bread (v)

Cornish Rarebit £9.50

Smoked haddock, beetroot pesto, homemade toast

Seasonal Salad (v) £7.95

Homemade bread

See specials board for details

Crab Toast £10.25

Hazelnut mayonnaise, apple

Cured Pollock £7.50

Cucumber, tarragon

Mackerel Rilette £8.50

Pickles, crostini

Hobbler's Sharing Platter £15.95

Housebaked ham, local cheese, pickles,
smoked mackerel, homemade bread, leaves

Vegan

Seasonal Salad £7.95

Homemade bread

Please see specials board for details

Sandwiches

All sandwiches served on granary bread, available as
either a sandwich or toasted sandwich

Vegan Cheddar £6.50

Walnut pesto, rocket

Roasted Beetroot £6.50

Onion marmalade, vegan cheddar

Pickled Cucumber £6.25

Vegan cream cheese, lemon, chives

Between Bread

Available as either a sandwich or toasted sandwich.
All served on granary bread with side salad

House baked ham with Taleggio & grain mustard £6.95

Goats cheese with walnut pesto & rocket £6.95

Cornish Crab, herbs, brown crab mayonnaise £10.50

Davidstow cheddar with onion marmalade £6.75

'Nduja with mozzarella £6.95

Gluten free bread is available for all sandwiches.
Please ask when placing your order.

Little Ones

Homemade Fish Finger Roll £5.75

Cornish Sausage

or

Homemade Fish Fingers £6.25

Chips, leaves

Kids Lunch Bag £5.95

Ham or cheese (v) roll, crisps, fruit

All Little Ones meals include a carton
of orange or apple juice

Sides

Homemade bread & Netherend Farm butter £3.00

Chips & cornish sea salt £3.75

Baby leaves & house dressing £3.00

Homemade Cakes

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

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

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.

Sparkling Wine

Italia Prosecco, Italy (11.5%)

Just a touch under two glasses, the perfect mini celebration

200ml Bottle **£7.95**

White Wines

Tempo Passo Rapido Pinot Grigio, Italy (12.5%)

Classic, crisp and fruity Pinot Grigio with lovely ripe pear fruit

125ml **£3.00** 175ml **£4.20** Carafe **£12.00**
Bottle **£18.00**

Joyau Gros Manseng Chardonnay, France (12.5%)

Super fresh and tangy style with ripe stone fruit

125ml **£3.80** 175ml **£5.40** Carafe **£15.30**
Bottle **£23.00**

Whale Watcher Sauvignon Blanc, New Zealand (12.5%)

Perfect Kiwi sauvignon, heaps of fruit but lively and quite lean

125ml **£4.20** 175ml **£5.80** Carafe **£16.70**
Bottle **£25.00**

Duc du Morny Picpoul de Pinet, France (12.5%)

Full flavoured, deliciously vibrant wine from the Southern French coast

125ml **£4.30** 175ml **£6.10** Carafe **£17.30**
Bottle **£26.00**

Polgoon Bacchus, Cornwall (11.5%)

A nose of fresh spring grass, gooseberry and elderflower

125ml **£5.50** 175ml **£7.40** Carafe **£22.00**
Bottle **£29.99**

Rosé Wine

Pasquiers Rose, France (12.5%)

Perfect pale pink summers day rosé, fresh with a dash of red fruits

125ml **£3.30** 175ml **£4.70** Carafe **£13.30**
Bottle **£20.00**



Red Wines

Ca di Ponti Nero d'Avola, Italy (14%)

Fruity and easy drinking, with a lovely fresh edge to keep it interesting

125ml **£3.00** 175ml **£4.20** Carafe **£12.00**
Bottle **£18.00**

Goldfields Shiraz, Australia (13.5%)

A ripe, spicy and rich classic Shiraz

125ml **£4.50** 175ml **£4.90** Carafe **£14.00**
Bottle **£21.00**

Les Pivoines Beaujolais Villages, France (13%)

Delicate and juicy, with lots of raspberry and cherry fruit

125ml **£4.00** 175ml **£5.60** Carafe **£16.00**
Bottle **£24.00**

Il Casinone Soliti Merlot, Italy (13.5%)

A grown up, savoury and delicious style of Merlot, great with richer foods

125ml **£4.20** 175ml **£5.80** Carafe **£16.70**
Bottle **£25.00**

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**

Here are a few examples of the suppliers we use:

Fish/Seafood

Wild Harbour
Sustainable line
caught seafood

Stevensons and Sons
Seafood

Newlyn Fish Company
Smoked fish

Seafood and Eat It
Crab

Vegetables

Westcountry Fruit Sales
Wholesale vegetable
supplier / Farm growers

Meat
Vivian Olds Butchers
Butchers, rears, slaughters

Dairy
Mounts Bay Dairy
Milk, cheese and other
dairy products

Others

Heather Lane Nurseries
Organic community farm

Forest Produce
Fine dry stores

Ritter
Fine dry stores

Beers, Ciders & Wines

Polgoon
Scarlet Wines