

Lunch Menu



12pm-3pm

Starters / little plates

Soup of the day / Da Bara bread (vegan) **£6**
Bread selection / flavored humus / olives / oils (vegan) **£8**
Smashed avocado / sourdough toast / St Ewe poached eggs (v) **£9**
Baked camembert / red onion jam / sourdough toast (v) **£8**
Smoked mackerel pate / gooseberry compote / salad / sourdough toast **£8**
Pot of blanchbait (a bit like whitebait!) / aioli **£8**

Soft Da Bara Panini's / served with salad & coleslaw

Locally sourced homemade fish finger sandwich / crispy gem lettuce / tartare sauce **£9.50**
Vegan meatball marinara / vegan basil pesto **£ 8.50 (vegan)**
Moroccan chicken / fresh lime / coriander / spices **£9**
Cornish Crab / orange / fennel / spring onion / touch of mayo **£11.50**
Mature cheddar cheese / home-made balsamic and red pepper relish (v) **£8**
Gluten free rolls available £1.50 each

Salads

Cornish Crab & avocado salad / basil dressing / croutons **£14**
Spiced chicken salad / crispy parma ham / croutons **£9**
Buddha Bowl- Mezze of healthy vegetarian food types (v) (can be vegan) **£10**
+ Hake Goujons, Falafel or spiced chicken £3.50

Mains

Catch of the day / Cornish market fish of the day (see specials)
St Austell bay Mussels / Cornish cider & Clotted cream sauce OR Goan curry sauce / bread and chips **£14**
Cornish Crab Linguini / chilli / lemon / garlic & parsley dressing / garlic bread **£15**
Warm home baked frittata / Mezze salad / coleslaw (v) **£11**
Stuffed sweet peppers / spinach artichoke and quinoa / salad (vegan) **£9**
MB Goan Curry / sticky rice / poppadum / chicken **£13** seafood **£15** vegetable **£11.50**

Burgers / all served with chips & MB ketchup

Muddy Beach steak burger / bacon jam / cheese / aioli / gem lettuce **£12.50**
Falafel Burger / pickled jalapenos / tzatziki / aioli / gem lettuce (v) **£11:50**
Breaded Chicken burger / aioli / gem lettuce / **£12.50**

Kids meals

Fish Goujons / chips / peas or beans **£6.50**
Primrose- herd sausage / chips / peas or beans **£6**
Cheesy tomato linguini with garlic bread (v) **£6**
Today' home-baked frittata / salad (v)**£6**

Food allergies & intolerances – please speak to our Muddy staff about the ingredients in your meal!

Sides/ extras

- Garlic Bread **£2.70**
- Cheesy garlic bread **£3.50**
- Chips **£3**
- Cheesy chips **£3.70**
- Truffle oil chips **£3.50**
- Mixed salad **£3**
- New potatoes **£3**

Everything is handmade by humans. If we make a mistake please tell us. The internet can't help, but we can 😊

Please place your order at our bar