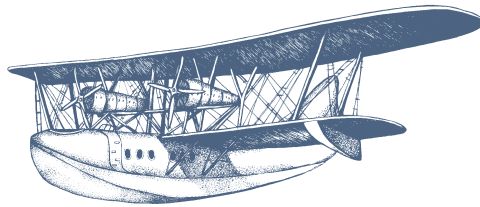


# Lunch



# Menu

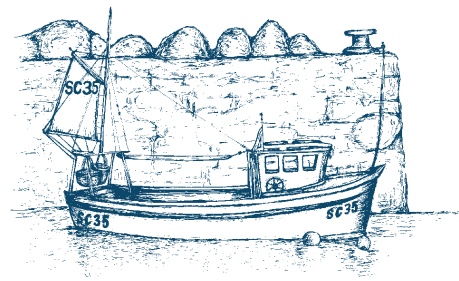
## LAND & SEA

<b>Homemade bread (V)</b> olive oil & balsamic reduction <b>add olives</b>	<b>£8</b> <b>+ £4</b>
<b>Soup of the Day (V)</b> homemade bread	<b>£6</b>
<b>Crispy baby squid &amp; Cornish crab</b> red pepper salsa, sweet chilli sauce	<b>£12.95</b>
<b>Cornish crab roll</b> horseradish, pickled cucumber, celeriac remoulade	<b>£14</b>
<b>Dukka-spiced monkfish goujons</b> in a bao bun, dill mayonnaise	<b>£13</b>
<b>Crispy baby squid &amp; tiger prawn taco</b> gotcha ketchup, yoghurt dressing	<b>£12</b>
<b>Lobster &amp; mussel risotto</b> parmesan, herb oil	<b>£18.50</b>
<b>Seared Cornish hanger steak</b> French fries, salad & aioli	<b>£14.50</b>
<b>Cornish crab macaroni</b> crusty bread roll	<b>£15</b>

<b>Seared Tresco beef ciabatta</b> tomato, cos lettuce, sauerkraut, mustard mayonnaise	<b>£13</b>
<b>Pan roasted fish of the day</b> seasonal greens, new potatoes, gremolata, mussel, caper & fish cream sauce	<b>£16.50</b>
<b>Grilled half of Bryher lobster</b> cashew gremolata, salad, home-cooked chips	<b>£30</b>
<b>Toasted spinach gnocchi (V)</b> king oyster mushrooms, caramelised feta, broad beans, hazelnut pesto	<b>£14.95</b>
<b>Chargrilled octopus</b> chorizo, chickpea & sun-blushed tomato salad	<b>£14.50</b>
<b>Beetroot, feta &amp; pea salad (V)</b> toasted hazelnuts, beetroot cracker, balsamic dressing	<b>£12.95</b>
<b>Cold salad of Bryher lobster &amp; crab</b> squid ink cracker, ponzu dressing	<b>£17</b>
<b>Sides</b> French Fries   New Potatoes   Side Salad	<b>£3 each</b>

## CHILDREN'S MENU

<b>Grilled fish of the day</b> new potatoes or French fries, seasonal vegetables	<b>£6.50</b>
<b>Macaroni cheese</b> salad, peas	<b>£6.50</b>
<b>BBQ chicken wings</b> new potatoes or French fries, salad	<b>£6.50</b>
<b>Flying Boat sundae surprise</b>	<b>£5.50</b>
<b>Cornish ice cream</b> various flavours	<b>£1.20 / 1 scoop</b> <b>£3.50 / 3 scoops</b>



Please advise us of any dietary requirements. We cannot guarantee there are no traces of nuts or other allergens.

@Trescol Island #mytresco

