

GRAZING



Rastella

SMALL PLATES

- Burrata, Tomato, Cracked Pepper, Extra Virgin Olive Oil 9.5
- Soul Farm Leaf Salad, Foraged Vinaigrette 6
- Pan Seared Scallops, Wild Garlic Butter 12
- Smoked Mackerel Pate, Sourdough 7
- Grilled Halloumi & Sweet Chili * 6

GOOD FOR YOUR SOUL BOWLS

- Watermelon, Halloumi, Pickled Cucumber, Herb Dressing 9
- Quinoa, Sun Dried Tomato Pesto, Soul Leaves 8
- Dukkha Spiced Seeds, Pickled Beets and Mustard Leaves* 8

PLATTERS TO SHARE

- Moroccan Mezze* 10
Hummus, Baba Ganoush, Sundried Tomato Pesto, Olives, Flatbread
- Charcuterie Board 14
Westcountry Charcuterie, Pickle, Sourdough*
- Cornish Tapas 14
White Bait, Goujons, Crab Cakes, Smoked Paprika Mayo



ALL TO YOURSELF

- Chickpea Curry, Harissa Yoghurt 12
- Newlyn Fish, Hand Cut Chips 14
- Grilled Fish, Soul Salad or Handcut Chips 12
- Half Roast Newlyn Lobster, Remoulade, Aioli, Fries 25
- Off the Grill – Market Price

SANDWICHES

- Halloumi, Sundried Tomato Pesto, Avocado, Flatbread 7
- Cornish Hand Picked Crab 12
- Merchants Burger, Smoked Tomato BBQ 14
- Fish Goujon Butty, Smoked Paprika Mayo 10
- Manor Muffin, Sausage Patty, Molten Cheddar, Fried Egg* 8

SWEET

- Rastella Brownie, Vanilla Ice Cream* 6
- Strawberries, Cream, Crushed Meringue 7
- Yoghurt Parfait, Berries 6
- Callestick Ice Cream* 5