

## SANDWICH MENU – available until 5pm

### **RHYC BLT (G)**

Bacon Lettuce and Tomato sandwich  
**£9.50**

### **Prawn and Marie Rose (G,E,F,Mu,SD)**

Closed Sandwich  
**£8.50**

### **Fish Finger Wrap (F,G,E,Mk,Mu)**

**£9.50**  
Tartar and lettuce

### **Crispy Chicken Wrap (G,S,E,Mk,Mu)**

**£9.25**  
Lettuce, pepper and onion with chilli sauce

### **Grilled Halloumi and Chilli Jam Ciabatta (G,M,Mu,SD)**

**£9.95**  
lettuce and chilli jam.

All sandwiches are served with garnished salad and crisps. Available on white, brown or Gluten free

#### Food Allergy notice

Please inform us of any dietary needs, allergies and intolerances before ordering. Although we strive to accommodate your requirements, please note that our dishes may contain allergens despite our best efforts to ensure otherwise.

Key: (C) Crustaceans, (Ce) Celery, (E) Eggs, (F) Fish, (G) Cereals containing Gluten, (L) Lupin, (Mk) Milk, (Mo) Molluscs, (Mu) Mustard, (N) Nuts, (P) Peanuts, (S) Soya, (SD) Sulphur Dioxide, (Se) Sesame seeds.

Note: Items are cooked using genetically modified oil.

## LIGHT BITES & SIDES

<b>Homemade Sausage Roll</b> (G,Mu,E,Mk,S,SD) Served with garnished salad and coleslaw <b>Vegan Option</b> Available (G,Mu,S,SD)	<b>£7.50</b>
<b>Mighty Cornish Pasty</b> (G,Mu,Mk,S,SD) Served with garnished salad and coleslaw	<b>£7.50</b>
<b>Chunky Chips</b>	<b>£4.50</b>
<b>Cheesy Chips</b> (Mk)	<b>£5.00</b>
<b>Dirty Chips with Chilli</b> (Mu, Ce, SD)	<b>£9.50</b>
<b>Onion Rings</b> (G,MK)	<b>£4.50</b>
<b>Halloumi Sweet Chilli Fries</b> (G,Mk)	<b>£6.50</b>

## GALLEY MENU

<b>Oven-baked Jacket Potato</b> <b>Cheese and Beans</b> (Mk,SD,Mu) <b>Prawn and Marie Rose</b> (C, Mu, SD) <b>Chilli</b> (Mu,Mk, SD)	<b>£9.50</b>
<b>Warm Rustic Breads, Olives, Balsamic and Olive Oil</b> (G,SD)	<b>£9.95</b>
<b>Chargrilled Gammon Steak, Egg and Chips</b> (G,S,E,Mk,Mu) With Salad Garnish	<b>£14.50</b>
<b>Marinated Chargrilled Chicken Fajita Salad</b> (Mu,SD) With Onion, Pepper and Crispy lettuce	<b>£14.95</b>
<b>Burger and Chips</b> (G,L,SD,Mu) Local beef, topped with bacon, cheese, lettuce, tomato and relish, served with slaw. <b>Or Garden Gourmet Veggie Burger</b> option (G,L,SD,Mu) Add Onion Rings	<b>£15.95</b> <b>£ 1.00</b>
<b>Italian Style Baked Chicken</b> (SD,Mu,Mk) Tomato sauce, Mozzarella, Celery and Olives with new potatoes and salad garnish	<b>£15.95</b>
<b>Fish and Chips</b> (F,G,Mu,Mk,SD) Beer Battered Fish, Garden Peas and Salad Garnish	<b>£15.95</b>
<b>Thai Prawn Curry and Basmati Rice</b> (C,Mk,F)	<b>£16.95</b>

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## Little Sailors Menu

### **Chicken Goujons with Chips (G,S,E,Mk)**

Served with Baked Beans

**£5.95**

### **Sausages with Chips (G,Mk,SD)**

Served with Peas

**£5.95**

### **Chicken Curry & Rice (G,Mk,SD)**

**£7.50**

### **Chunky Chips**

**£4.50**

### **Cheesy Chips (Mk)**

**£5.00**

### **Onion Rings (G,Mk)**

**£4.50**

### **Dirty Chilli Chips**

**£9.50**

### **Halloumi Fries (G,Mk)**

(served with Sweet chilli dip)

**£6.50**

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## Grab n Run

### **Homemade Sausage Roll**

(G,Mu,E,Mk,S)

**£4.95**

### **Vegan Sausage Roll**

(G,Mu,S)

**£4.95**

### **Mighty Cornish Pasty**

(G,Mu,Mk,S)

**£5.50**

### **Chunky Chips**

**£4.50**

### **Onion Rings (12)**

(G,Mk)

**£4.50**

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