



SPRING/SUMMER 2009

The word "Lunch" is written in a large, brown, cursive script. A thick, horizontal brown line extends from the bottom of the letter 'h' across the page. To the right of this line, the word "MENU" is written in a brown, all-caps, sans-serif font.

Lunch
MENU

Lunch

1 course	£7.50
2 courses	£10.00
3 courses	£12.50

Vegetarian Lunch

1 course	£5.00
2 courses	£7.50
3 courses	£10.00

1 course Main course only

2 courses Either a starter or a little 'Ooh-la-la!' plus a main course

3 courses A starter, a main course and a little 'Ooh-la-la!'

Children under 12 may have smaller portions at a reduced price.
Please advise when ordering.

Light Starters

£2^{.50}

Soupe de la Maison (v)*

Served with home made bread.

Wine recommendation: **Chardonnay Rocheburg, SA** (175ml glass) £4.25

Hot Squares of Breaded Cornish Brie (v)

Served with home made bread, mixed leaves and a redcurrant jelly.

Wine recommendation: **Les Trois Moulins White Bordeaux** (175ml glass) £4.75

Terrine de la Maison

Our delicious home made terrine.

Please see the board for details.

Wine recommendation: **Côtes du Rhône, Louis Mousset, France** (175ml glass) £4.50

Creamed Spinach Tartlet (v)

Served with mixed leaves tossed in house vinaigrette with pine nuts.

Wine recommendation: **Chardonnay Rocheburg, SA** (175ml glass) £4.25

(v) vegetarian * low fat option

Something Fishy

£7.50

Grilled Sardines

Served on a tabbouleh salad of bulghur wheat, lemon, spring onion, sundried tomato and flat leaf parsley.

Wine recommendation: **Chenin Blanc**, NZ (175ml glass) £5.25

Crab Risotto Cake

Served with mixed leaves and a ginger, lime and chilli dressing.

Wine recommendation: **Viognier, Domaine de Montaubéron**, France (175ml glass) £4.50

Moules Marinere

Served with pommes frites or French baguette.

Wine recommendation: **Les Trois Moulins Bordeaux**, France (175ml glass) £4.75

Chapel Street Fish & Chips

Made with Cornish Tribute batter, served with mushy peas and tartar sauce.

Wine recommendation: **Chardonnay Rocheburg**, SA (175ml glass) £4.25

Poisson du Jour

Please see the specials board for details.

Served with new potatoes.

Supplement of £2.50

The Cornish Goat (v)

Grilled cubes of Cornish goats cheese, marinated red peppers and black olives on a mixed leaf and red onion salad. Served with home made bread.

Wine recommendation: **Gavi La Battistina**, Italy (175ml glass) £4.75

Chicken Caesar Salad

A French classic with iceberg lettuce, chargrilled chicken breast, crispy croutons and a creamy Caesar dressing. Served with home made bread.

Wine recommendation: **Chardonnay Rocheburg**, SA (175ml glass) £4.25

Quiche Lorraine

The French classic flan: Cornish cream and free range eggs, with sautéed bacon, Gruyère and onion served with a warm new potato salad and mixed leaves.

Wine recommendation: **Tavel Rosé**, France (175ml glass) £5.50

Salade du Saumon

Pan-fried salmon steak with garlic croutons and sun-dried tomatoes on a mixed leaf, pepper and red onion salad with a lime and chilli dressing. Served with home made bread.

Wine recommendation: **Riesling Messmer**, Germany (175ml glass) £5.25

La Niçoise

The classic French salad with grilled yellow fin tuna steak (cooked medium), hard boiled free-range egg, French beans, cherry tomatoes, new potatoes, black olives and mixed leaves in house vinaigrette. Served with home made bread.

Wine recommendation: **Les Trois Moulins Bordeaux** (175ml glass) £4.75

(v) vegetarian

Vegetarian and Healthy Options

Classic Caesar Salad (v)

Iceberg lettuce, crispy croutons and a creamy Caesar dressing.

Wine recommendation: **Chardonnay Rocheburg**, SA (175ml glass) £4.25

Gnocchi Tossed in Pesto (v)*

Served with rocket and parmesan shavings.

Wine recommendation: **Gavi La Battistina**, Italy (175ml glass) £4.75

Cous Cous with Spring Vegetables (v)*

Broad beans, peas, spring onions and artichokes cooked in an infusion of coriander and chopped leaf parsley.

Wine recommendation: **Mosaic Viognier, Chateau Musar**, Lebanon (175ml glass) £4.75

Broccoli and Chick Pea Frittata (v)*

Served with mixed leaves and humous.

Wine recommendation: **White Rioja**, Spain (175ml glass) £4.75

The Med Veg (v)*

Roasted mediterranean vegetables with pesto, served on wholemeal or French baguette, with pommes frites.

Wine recommendation: **Gavi La Battistina**, Italy (175ml glass) £4.75

The Big Cheese (v)

Cornish cheddar with plum tomato, mixed leaves and a red onion chutney served on wholemeal or French baguette, with pommes frites.

Drink recommendation: **Cornish Orchards Still Dry Cider**, Cornwall (50cl bottle) £4.00

Croque Monsieur

Ham and Gruyère/Emmental melted on toasted brioche, served with mixed leaves in house vinaigrette, with pommes frites.

Wine recommendation: **Chardonnay Rocheburg**, SA (175ml glass) £4.25

Chapel Street Club

The classic club sandwich with free range Cornish chicken, smoked bacon, mixed leaves and a touch of mayo, with pommes frites.

Wine recommendation: **Mâcon-Lugny Louis Latour**, France (175ml glass) £5.25

The Crabbie

Thick sliced wholemeal or French baguette filled with Cornish crab, a little mayo and lettuce, with pommes frites.

Wine recommendation: **Les Trois Moulins White Bordeaux** (175ml glass) £4.75

The Steak

Fine rib-eye steak pieces, mixed leaves and Dijon mustard mayonnaise made with wholemeal or French baguette, with pommes frites.

Wine recommendation: **McHenry Shiraz**, Australia (175ml glass) £5.25

(v) vegetarian * low fat option

Something Meaty



Toulouse Sausages

Spicy French sausages and warm new potato salad or pommes frites.

Wine recommendation: **Viognier, Domaine de Montaubéron**, France (175ml glass) £4.50

Steak Frites

Thin cut 125g rib-eye steak served with pommes frites, watercress and Maitre d'Hotel butter.

Wine recommendation: **Côtes du Rhône, Louis Mousset**, France (175ml glass) £4.50

Poulet Roti

Roast chicken infused with garlic and thyme, finished on the chargrill and served with warm new potato salad or pommes frites and a watercress salad.

Wine recommendation: **Tavel Rosé**, France (175ml glass) £5.50

Plat du Jour

Please see the specials board for details.

A Bit on the Side

£2.50
each

All our mains come plated with potatoes at lunch time, but just in case you want something extra...

All our side orders are vegetarian friendly.

Ratatouille

Bowl of Mixed Seasonal Vegetables*

Pan Roasted New Potatoes

Pommes Frites

Wholegrain Mustard Mash

Tomato and Onion Salad*

Green Salad*

Tabbouleh Salad*

Mixed salad*

Bread

Olives

* low fat option

Ooh-la-la!

Please ask for the 'Ooh-la-la!' board and let yourself be tempted by our wonderful selection of French and traditional patisseries made by our own pastry chef.

Most of our desserts are vegetarian friendly, but a little less fat friendly... well, we all deserve a little treat!

Please ask if you are watching the waistline and would prefer some fresh fruit.

We have a wide selection of liqueurs, malts, brandies and Armagnacs, or why not indulge in a glass of dessert wine or an Espresso Martini... a perfect end to your meal.

Things you need to know

We are happy to serve well behaved young people under 18, provided they are accompanied by an adult.

Children under 12 may have smaller portions at a reduced price. Please advise when ordering.

Our entire menu is freshly prepared and cooked to order, using only the best local produce.

We do not serve fast food, but endeavour to serve everyone as quickly as possible.

We accept American Express, Visa, MasterCard, Solo, Maestro and Electron... and of course good 'old-fashioned' cash. Travellers cheques in pounds sterling only are accepted and change will be given in pounds sterling.

Sorry, but we don't accept personal or business cheques unless by prior arrangement.

A service charge of 10% will be added to all parties of 8 or more.

wine & dine