

LUNCH  
SERVED 12- 3PM  
SPRING 2025



STARTERS +  
SMALL PLATES

**KOREAN FRIED CAULIFLOWER,**  
KIMCHI, PICKLED CHILLI MAYO  
(VG) 12.5

**WHOLE BURRATA,**  
CARAMELISED ONIONS,  
CHILLI & GARLIC OIL, SHISO LEAF  
(GF|V) 14.95

**HALF PINT PRAWNS,**  
SHELL ON PRAWNS, LEMON  
TOASTED ARTISAN BREAD,  
MARIE ROSE SAUCE  
(GFO) 13.95

**MIXED OLIVES**  
(VG|GF) 5

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**WARM FOCACCIA BREADS,**  
MEDITERRANEAN STYLE DIPPING OIL  
(VG) 9.95

**BUTTERBEAN & LEMON HUMMUS ,**  
ASPARAGUS, WILD ROCKET PESTO & FOCACCIA  
(GF|VGO) 12.95

MAIN COURSE

**TK BEEF BURGER,**  
IN A BRIOCHE BUN WITH  
RED LEICESTER CHEESE, BACON JAM,  
BURGER SAUCE,  
PICKLES & CHIPS  
19.95

**BEER BATTERED CORNISH FISH,**  
KOFFMAN CHIPS, MINTED CRUSHED PEAS,  
LEMON & TARTAR SAUCE  
(GF|DFO) 19.95

  
**PLEASE SEE OUR BOARD  
FOR TODAYS  
NEWLYN FISH SPECIAL**

**CORNISH MUSSELS,**  
NDUJA SAUSAGE, LEEKS,  
CLOTTED CREAM, WHITE WINE & PERSILLADE  
(GFO|DFO) 14- SML | 20- LRG

**SPRING VEGETABLE ORZO RISOTTO,**  
PUMPKIN SEEDS, FRESH BASIL PESTO,  
PARMESAN & HERB OIL (VGO)  
19.95

SIDES

**SEASONAL GREENS,**  
SAUTÉED IN GARLIC  
& LEMON OIL (VG) 6.8

**CHIPS & AIOLI**  
(GF|VGO) 5.5

**HOUSE MIXED SALAD**  
(GF|VG) 6

**CHIPS WITH TRUFFLE OIL,  
PARMESAN & AIOLI**  
(GF|V) 6.95

DESSERTS

**CHOCOLATE NEMESIS**  
CLOTTED CREAM, FRESH RASPBERRIES  
(GF) 10

**RUM SPICED & CHARRED PINEAPPLE,**  
ROSKILLY'S MANGO SORBET,  
MANGO, PAPAYA & CHILLI SALSA (GF|VG) 9.5  
**ADD DEAD MAN'S FINGER RUM 4**

**AFFOGATTO,**  
ROSKILLY'S VANILLA ICE CREAM, DOUBLE ESPRESSO SHOT  
& HOMEMADE SHORTBREAD (GFO) 8.95  
**ADD AMARETTO 4**

**GRAPPA PANNA COTTA**  
RHUBARB & BLOOD ORANGE COMPOTE,  
AMORETTI BISCUITS (GFO) 8.95

KEY; V = VEGETARIAN, VG = VEGAN, GF = GLUTEN FREE, DF = DAIRY FREE, GFO = GLUTEN FREE OPTION AVAILABLE, DFO = DAIRY FREE OPTION AVAILABLE,  
VGO = VEGAN OPTION AVAILABLE. PLEASE ADVISE US WHEN YOU ORDER IF YOU HAVE ANY DIETARY REQUIREMENTS.

TREMENHEERE KITCHEN DOES NOT OPERATE IN AN ALLERGEN-FREE ENVIRONMENT. WE HAVE PRECAUTIONS IN PLACE TO ENSURE WE AVOID AS MUCH CROSS-  
CONTAMINATION AS WE CAN, HOWEVER WE CAN'T 100% GUARANTEE DUE TO OUR SUPPLIERS AND THE ENVIRONMENT THEIR PRODUCE IS MADE IN.

## WHITE WINES

**CA DI PONTI GRILLO, ITALY.** EASY DRINKING WITH LOTS OF PEACHY FRUIT

175ML | 250ML | BOT

6.20 | 8.75 | 24.50

**VIOGNIER, SOUTH OF FRANCE,** LOVELY PERFUME AND RICHNESS, FRESH AND LIVELY TOO

7.90 | 11.25 | 31.50

**WHALE WATCHER SAUVIGNON, NEW ZEALAND.** AROMATIC, FRESH & GRASSY

8.70 | 12.50 | 35.00

**ALBERINO, TORROXAL, RIAS BAIXAS, SPAIN.** WONDERFUL WITH SEAFOOD. RICH & ELEGANT

11.20 | 16.00 | 45.00

**PROSECCO SERENELLO, ITALY.** SUPER FRUITY, CRISP, EASY DRINKING STYLE. LOVELY BUBBLES

GLASS 6.95 | 29.50

**CHAMPAGNE LOUIS FOLLÈA, COTE DES BAR, FRANCE.** DELICIOUS BUBBLES & A LOVELY BREADY NOTE

| 55.00

## ROSE

**DOM DE LA VIELLE TOUR PROVENCE, ROSE.** A PROPER PROVENCE ROSE, TANGY, DRY & ELEGANT

9.75 | 13.95 | 39.00

## RED WINES

**EL NINOT DE PAPER, SPAIN.** A SOFT BLEND, FRUITY & EASY TO DRINK

5.75 | 8.20 | 23.00

**MERLOT, CAMINO DE LA CABANA, CHILE.** SMOOTH, FULL BODIED & PLUMMY

6.45 | 9.20 | 25.70

**PINOT NOIR, LE FOU, FRANCE.** ELEGANT, LIGHT & JUICY RED

7.65 | 10.95 | 30.75

**NEGROAMARO, PUGLIA. ITALY.** DARK & SWEETLY FRUITED, DAMSON CHARACTER & TOUCH OF OAK

9.95 | 14.25 | 39.95

ALL WINES AVAILABLE IN 125ML MEASURES

## SOFT DRINKS

FROBISHERS ORANGE JUICE

4

FROBISHERS PINEAPPLE JUICE

4

FENTIMANS GINGER BEER

3.95

COKE | DIET COKE

3.95

FROBISHERS APPLE JUICE

4

POLGOON LEMONADE

4.55

POLGOON ELDERFLOWER FIZZ

4.65

VIRGIN MARY; SPICED TOMATO JUICE

6.50

SPARKLING OR STILL WATER SML | LRG

3 | 4.75

FEVERTREE TONIC

3.25

MILKSHAKE W/CREAM

5.50

(BANANA | STRAWBERRY | CHOC | VANILLA)

## BOTTLED BEER

DOOM BAR 500ML

6.50

KOREV 500ML

6.95

PORTH PILSNER, ST IVES 500ML

6.95

HELLA IPA, ST IVES BREWERY 500ML

7.25

PERONI NASTRO AZZURO 330ML

5.50

BIRRA MORETTI ZERO ALCOHOL 330ML

5.50

POLGOON BERRY CIDER 500ML

7.50

POLGOON ORIGINAL CIDER 500ML

7.50

## HOT DRINKS

AMERICANO

3.60

CAPPUCCINO

3.85

DOUBLE ESPRESSO

3.00

LATTE

3.85

DOUBLE MACCHIATO

3.50

FLAT WHITE

3.75

MOCHA

4.00

HOT CHOCOLATE

4.10

DELUXE HOT CHOCOLATE

4.70

POT OF TEA

3.00

SWAP COWS MILK TO COCONUT OR OATLY

0.39

*Gin & tonics*  
25ml 9.5

TARQUIN'S BLACKBERRY & HONEY GIN,

ROSEMARY, BERRIES & FEVERTREE ORIGINAL TONIC

TARQUIN'S ORIGINAL GIN, SQUEEZED LIME & FEVERTREE TONIC

TARQUIN'S RHUBARB & RASPBERRY GIN, LEMON WEDGE, THYME

& MEDITERRANEAN TONIC

SEEDLIP GROVE 42 NON ALCOHOLIC GIN, LEMON WEDGE

& FEVERTREE MEDITERRANEAN TONIC

## APEROL SPRITZ 11

APEROL, CHILLED PROSECCO, TOPPED WITH SODA

## MIMOSA 7

FRESH ORANGE JUICE TOPPED WITH CHILLED PROSECCO

## CLASSIC MARGARITA 12

SILVER TEQUILA, COINTREAU, FRESHLY SQUEEZED LIME JUICE, SEA SALT RIM

## ESPRESSO MARTINI 11

DOUBLE ESPRESSO, ABSOLUTE VODKA & KAHLUA, SHAKEN OVER ICE & STRAINED -  
DECAF AVAILABLE

## NEGRONI 12

BLACK & GOLD'S BLOOD ORANGE GIN, VERMOUTH, CAMPARI SERVED ON ICE

## BLOODY MARY 8

ABSOLUTE VODKA, SPICED TOMATO JUICE, LEMON, CELERY SALT & CRACKED PEPPER

## RUM PUNCH 10

DEAD MAN'S FINGER COCONUT RUM, ORANGE JUICE, FRESH LIME,  
BITTERS, GRENADINE & NUTMEG

*Mocktails*

## VIRGIN MARY 6.5

SPICED TOMATO JUICE, LEMON, CELERY SALT & CRACKED PEPPER

## MOTHER ROOT CLEANSER 9.95

MOTHER ROOT GINGER, APPLE CIDER VINEGAR, HONEY, ORANGE & TONIC

## PASSION FRUIT FIZZ 7.5

PASSIONFRUIT PUREE, ORANGE JUICE, SODA & FRESHLY SQUEEZED LIME

## GINGER NOJITO 7.5

FRESHLY MUDDLED LIME, SUGAR SYRUP, MINT, TOPPED WITH GINGER BEER