



the med
terrace

SMALL PLATES

Halkidiki and Kalamata olives marinated with orange, thyme and coriander seeds 155kcal 4.75

Locally baked sour dough with Cornish rapeseed oil and aged balsamic vinegar 1042kcal 4

Harissa roasted vegetable hummus with pistachio dukkha, fresh herbs and crispy flat bread 614kcal 4.5

Cornish Blue cheese arancini with roasted beetroot ketchup and Gran Moravia 309kcal 6.5

Cured Cornish monkfish, pickled ginger, fresh citrus, pink onions 38kcal 7

Crispy Cornish fish with a zesty tartare sauce, fresh chilli and garden herbs 293kcal 6.5

MAIN PLATES

Fregola pasta, olives, roasted peppers, spinach, arabiatta pesto 713kcal 13

Ricotta gnocchi, peas, sprouting broccoli, baby spinach, foraged wild garlic, pecorino 964kcal 14.5

Chefs home-made pasta – please speak to one of our team for today's dish 14.5

Pan seared Cornish hake, Italian bean stew, wild garlic pesto 638kcal 16

Eden's own saffron infused paella with Cornish seafood, chicken, chorizo and Lerwick langoustine 423kcal 15

Cornish charcuterie, pickled vegetables, char grilled sour dough, garlic and chive whipped butter 499kcal 15

SIDES

Roasted potatoes, truffle oil, shaved Gran Moravia 93kcal 4.5

Garden vegetables, chilli, garlic, toasted sunflower seeds, golden sour dough crumb 247kcal 4.85

Salad Verde 149kcal 4

Locally baked sourdough and chive whipped butter 496kcal 4.5

If you have any dietary requirements or need assistance with the menu please speak to a member of our team – we're always happy to help.
Adults need around 2000 kcal a day. Kcal values are for the dish as described.



DESSERTS

Affogato 252kcal 5

Panela and vanilla panna cotta, roasted rhubarb,
lemon and poppy seed shortbread 316kcal 5.5

Dark Chocolate pot, orange reduction, berries 216kcal 5.5

Cheese – Single 7 Full Selection 14

Please ask your server for today's cheese selection

Roskilly's Ice Cream kcal per scoop 4.75

Clotted Cream Vanilla | Chocolate | Salted Caramel | Mint Chocolate dairy free

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KIDS

Crispy Cornish fish, roasted potatoes,
home-made tartare sauce and fresh leaves 235kcal 7.5

Cornish pasta cooked in a fresh basil pesto 489kcal 5.9

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