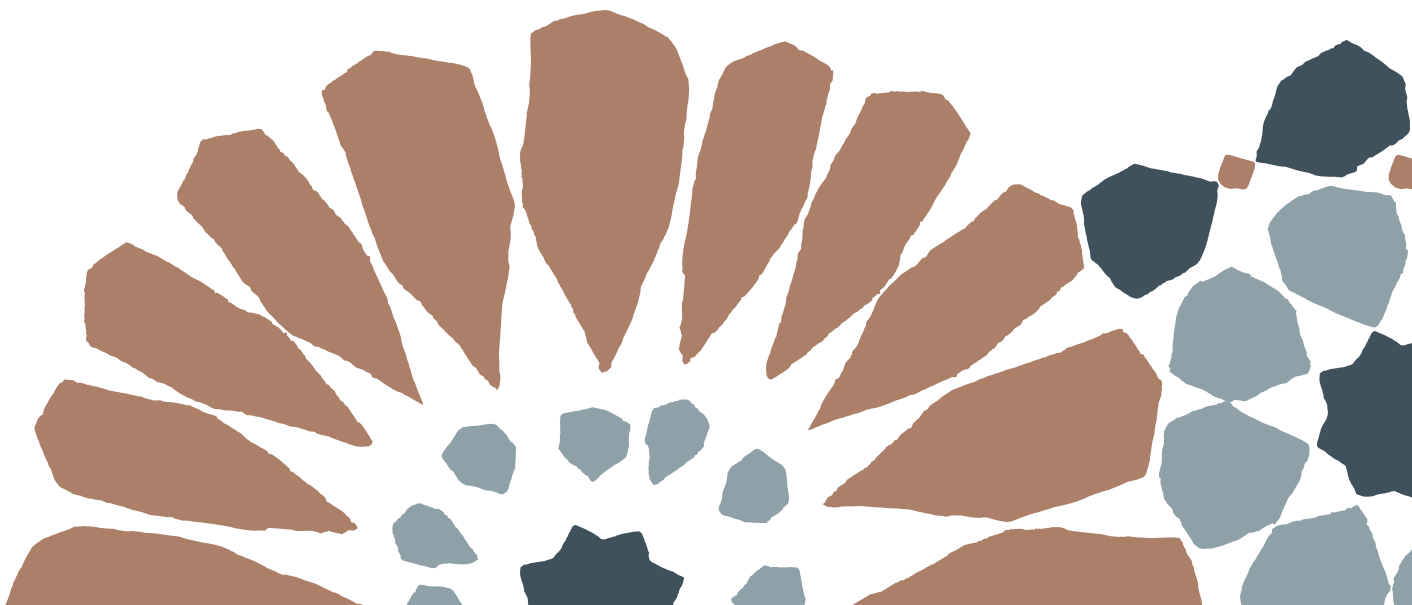


the med
terrace



FOOD

NIBBLES

Marinated olives 155kcal VG DF NCG	6
Locally baked focaccia with Cornish rapeseed oil and aged balsamic vinegar 155kcal VG DF	5.5
Roasted red pepper houmous served with toasted bread 593kcal VG DF	5.5
Chilli rice crackers 155kcal VG DF	3.25

PAELLA

Eden's own saffron infused paella with Cornish mussels, chicken, chorizo and langoustine served with rosemary focaccia 483kcal DF M S NCGO	16.95
--	-------

SALAD

Caesar Salad 345kcal F E NCGO Charred gem lettuce, croutons, shaved Gran Moravia cheese, cracked black pepper finished with classic Caesar dressing and micro herbs	9.95
Add chargrilled chicken 105kcal NCG	3

PIZZA

Margherita pizza 800kcal V VGO DFO NCGO A classic; stone baked and finished with rocket and fresh basil oil	12
Verdure pizza 1141kcal VG DF NCGO Stone baked with a pesto sauce base, artichokes, olives and sun blushed tomatoes	13.95
Pollo All Aglio pizza 1093kcal DFO NCGO Stoned baked with a pesto sauce base, herb marinated chicken, roasted red peppers finished with rocket and fresh basil oil	14.95
Prosciutto pizza 1023kcal DFO NCGO Stone baked with prosciutto finished with rocket and fresh basil oil	14.95

READY TO ORDER?

Please note your table number and head to the bar to place your order.

Please ensure you inform staff of any allergies or intolerances.

KIDS

Organic Cornish pasta in a rustic tomato sauce 287kcal VG DF	7
Organic Cornish pasta with fresh basil oil 377kcal VG DF	7
Kids Margherita pizza 445kcal V VGO DFO NCGO	6.5
Kids Verdure pizza 606kcal VG DF NCGO	7.5
Kids Prosciutto pizza 494kcal DFO NCGO	7.95

EXTRAS

Garlic ciabatta 204kcal VG	5.75
Cheesy garlic ciabatta 294kcal V	6.5
Smashed Eden grown cucumber salad with feta, herbs and extra virgin olive oil 198kcal V NCG	6.95
Tomato and mozzarella arancini served with Cornish Larder chilli jam 606kcal V E NCG	8
Roasted Cornish potatoes with truffle mayo 400kcal VG DF NCG	6
Garlic mayo dip 392kcal VG DF NCG	1.4
Chipotle mayo dip 412kcal VG DF NCG	1.4

ALLERGENS

Food made on-site in our busy kitchens is made using a wide range of ingredients. We always do our best, but we can't guarantee that any of our dishes are totally allergen free. Please speak to a member of the team if you have any dietary requirements. We're here to help.

V	VG	VGO	DF	DFO	NCG	NCGO	E	M	S	F
Vegetarian	Vegan	Vegan Option available on request	Dairy Free	Dairy Free Option available on request	Non-Gluten Containing Ingredients	Non-Gluten Containing Ingredients Option available on request	Contains Egg	Contains Molluscs	Contains Shellfish	Contains Fish

DRINKS

BEERS AND CIDER

Korev Cornish Lager abv 4.8%	pint 6.8 half 3.4
St Austell Brewery Proper Job IPA 500ml abv 4.2%	5.5
Thatcher's Gold Cider 500ml abv 4.8%	5.5
Jubel Peach Lager 330ml abv 4%	4.25

NOS AND LOWS

St Austell Brewery Proper Job IPA 0.5% 500ml abv 0.5%	5
Free Damm Alcohol Free Lager 330ml abv 0%	4.25
Thatchers Zero Cider 550ml abv 0%	5.25

SOFT DRINKS

pint 4.9 | half 2.6

JOLLY'S

Cornish Cola half pint 105kcal	
Cornish Diet Cola half pint 1kcal	
Sparkling Elderflower half pint 69kcal	
Cornish Lemonade half pint 49kcal	
Ginger Beer half pint 34kcal	
Sparkling Apple half pint 52kcal	
Still/Sparkling water 330ml 0kcal	1.85

FROBISHER'S

2.9

Orange Juice 250ml 90kcal	
Apple Juice 250ml 105kcal	

NAVAS

1.5

Tonic 200ml 56kcal	
Light tonic 200ml 30kcal	
Garden tonic 200ml 60kcal	

JACK'S KOMBUCHA

4.25

Raspberry 250ml 53kcal	
Ginger 250ml 53kcal	

CORNISH SPIRITS

single £8.5 | double £10.25 | includes mixer

Tarquin's Cornish Dry Gin abv 38%	
Tarquin's Eden Rainforest Gin abv 38%	
Tarquin's Eden Med Gin abv 38%	
Connie Glaze Cornish Vodka abv 40%	

CORNISH SPRITZ £8

Connie Glaze Pink Grapefruit Spritz abv 20%	
Connie Glaze Elderflower Spritz abv 20%	
Connie Glaze Lemon Sherbert Spritz abv 20%	

TEAS

2.65

Pukka English Breakfast	
Pukka Earl Grey	
Pukka Green Matcha	
Pukka Three Mint	
Pukka Lemon, Ginger and Manuka Honey	
Pukka Elderberry and Echinacea	
Clipper Decaf	

COFFEES

Double espresso 9kcal	2.95
Americano 9kcal	3.65
Latte 141kcal	3.8
Cappuccino 141kcal	3.8
Flat White 106kcal	3.45
Mocha 175kcal	4
Iced Americano 9kcal	4
Iced Latte includes syrup and cream 247kcal	6

SYRUPS

.75

Caramel 65kcal Vanilla 68kcal Hazelnut 63kcal	
---	--

HOT CHOCOLATES

Standard 158kcal	4
Ultimate 262kcal	5.5

WINE

FIZZ

FIORI DI CAMPO PROSECCO SPUMANTE

FIORI, VENETO, ITALY 11% abv

125ml glass 8 | bottle 28.50

Pale and delicate this sparkling wine has fine bubbles and fresh aromas of green fruits, elderflower and honeysuckle. It is elegantly light, dry and well balanced.

OXNEY'S ESTATE BRUT

OXNEY ORGANIC ESTATE, EAST SUSSEX,
ENGLAND 11% abv

bottle 60

From the largest organic vineyard in England. A blend of Chardonnay, Pinot Noir, Pinot Meunier and Seyval Blanc, it's crisp, dry, refreshing and precise, with red apple, pear and toasty flavours carried on a thread of beautifully crisp acidity.

OXNEY'S ESTATE ROSÉ

OXNEY ORGANIC ESTATE, EAST SUSSEX,
ENGLAND 11% abv

bottle 60

The sister of the white brut, this lovely pink fizz has fresh aromas of strawberry, raspberry and crisp green apple. Delicious as an aperitif or with vegetarian dishes.

ALCOHOL FREE

VILARNAU 0.0% ORGANIC SPARKLING

VILARNAU, BARCELONA, SPAIN 0% abv

bottle 21

Elegant alcohol-free fizz with fine bubbles, fresh apple and floral notes, and a hint of almond. Creamy, balanced, and refreshing. 100% organic, vegan, and 70% fewer calories than regular Cava. Sustainably crafted near Barcelona.

WHITE

GRAN CERDO

BLANCO | RIOJA, SPAIN 12.5% abv

175ml glass 8.5 | bottle 29.50

Elegant white blend from Rioja. A versatile white with lots of soft orchard fruit on the palate, like white apples and pears, with lovely texture and a dry, refreshing finish.

ALLAN SCOTT ESTATE SAUVIGNON BLANC

MARLBOROUGH, NEW ZEALAND 12% abv

175ml glass 9.5 | bottle 38

Fresh, zesty, juicy and full, this fruit driven new world style wine will excite the senses. Tropical fruit with a fresh herbaceous character balanced with zesty passionfruit and a dry finish.

RED

GRAN CERDO

RIOJA, SPAIN 13.5% abv

175ml glass 8.5 | bottle 29.50

The wine is medium-bodied and well-structured and has a beautiful balance of fruit, acidity, and tannins. The primary flavours of juicy red berries intertwine with gentle hints of earthiness and smokiness.

ROSÉ

COTE MAS ROSÉ

SOUTH OF FRANCE 12.5% abv

175ml glass 8.5 | bottle 29.50

A delightful rosé that's light, crisp and fruity. It offers lovely red and black fruit aromas, particularly cherry and blackcurrant.

THE RITES OF DIONYSUS

Nearby, Tim Shaw's copper-beaten artwork, The Rites of Dionysus depicts five masked maenads worshipping their god amongst growing grapevines. Dionysus (aka Bacchus to the Romans) was the god of many things including music, fertility and wine.

