



starboard

@ ROSES

WOODFIRED BISTRO  
BUDE ★ CORNWALL

# Menu

AT STARBOARD, EVERYTHING COMES FROM THE WOOD OVEN AND IS COOKED FRESH TO ORDER. SOAK UP THE RELAXING ATMOSPHERE, ADMIRE THE GREAT VIEW AND ENJOY EACH OTHER'S COMPANY. GRAB SOME NIBBLES AND WATCH YOUR FOOD COOK IN THE WOOD OVEN: YOU ARE NOW IN CORNISH TIME WHERE THINGS ARE DONE DREKLEY!

CHILDREN ARE WELCOME FOR DINNER AT STARBOARD BUT WE ASK THAT FAMILIES WITH CHILDREN UNDER 6 YEARS OLD BOOK A TABLE BETWEEN 5PM AND 6.30PM, AS THE EVENING IS A MORE ADULT EXPERIENCE. THANKS!

# Nibbles & Pizzas



## Nibbles & Sharers

<b>BOWL OF MIXED OLIVES (V)</b>	£3
<b>TOASTED ROSEMARY &amp; SEA SALT FOCACCIA AND OIL (V)</b> Served fresh out the oven served with olive oil and balsamic dip	£5
<b>HUMMUS AND STICKS (V)</b> Homemade hummus served with a selection of veggie sticks and wood-fired bread.	£6
<b>HOMEMADE NACHOS (V)</b> A generous heap of homemade nachos with melted cheese, guacamole, sour cream, salsa and jalapenos.	£6/£9
<b>SWEET POTATO FRIES (V)</b> Served with lemon mayo and sweet chilli sauce.	£4/£6
<b>DIRTY CHIPS</b> A healthy portion of chips covered in homemade pulled pork, jalapeños, BBQ sauce and lashings of melted cheese. Great to share!	£9
<b>TEX MEX VEGGIE PLATTER</b> A selection of jalapino poppers, mozzarella dippers, chicken-style strips, Giant onion rings served with BBQ sauce.	£8

## On the side...

<b>CHIPS</b>	£3 / £4
<b>SKINNY FRIES</b>	£3 / £4
<b>CHEEZY CHIPS</b>	£3.5 / £4.5
<b>SWEET POTATO FRIES</b>	£4 / £6
<b>ONION RINGS &amp; BBQ SAUCE</b>	£4
<b>SIDE SALAD</b>	£3.5
<b>BBQ SAUCE/ CURRY SAUCE</b>	£1
<b>PEAS / MUSHY PEAS</b>	£1
<b>COLESLAW</b>	£3
<b>BREAD &amp; BUTTER</b>	£1

## Classic Wood Fired Pizzas

<b>PEPPERONI</b> Mozzarella, pepperoni & red onion.	£10	<b>MARGHERITA (V)</b> Mozzarella, cherry tomatos & fresh basil.	£9
<b>HAWAIIAN</b> Mozzarella, pineapple & ham.	£10	<b>4 CHEESE (V)</b> Mozzarella, cheddar, brie & goats cheese.	£11
<b>BBQ CHICKEN</b> Oven roasted chicken, smoked bacon, mixed peppers, red onion with a BBQ base & mozzarella.	£11	<b>GOATS CHEESE (V)</b> Goats cheese, caramelised red onion chutney, pineapple, mozzarella & dressed rocket.	£11
<b>MEAT FEAST</b> Chorizo, pepperoni, bacon, chicken, ham & mozzarella. Make it spicy £1	£12	<b>THE OLD GOAT (V)</b> Peppers and onions, courgette ribbons, goats cheese, dressed rocket & fresh chilli.	£11
<b>CHORIZO SAUSAGE</b> Mozzarella, chorizo, fresh chilli, parmesan & rocket.	£12	<b>MED VEG (V)</b> Spinach, olives, mushrooms, red onion and cherry tomatoes, drizzled with garlic & chilli oil.	£10

# Mains



## Mains

### GOURMET FISH & CHIPS

Served with side salad, gherkin, garden peas, lemon wedge and homemade tartare sauce.

£11

### FISH-FREE FISH & CHIPS (V) (COOKED IN THE SAME FRYER AS FISH)

Deep fried halloumi wedges served with side salad, tartare sauce, gherkin, lemon wedge, and garden peas.

£11

### WHOLETAIL SCAMPI & CHIPS

Served with a side salad, lemon wedge and a lemon mayo dip.

£11

### THAI STYLE FISH CAKES

With a mixed salad, chips, sweet chilli and lemon black pepper dressing.

£9.5

### SIZZLING FAJITAS

Choose from chicken or halloumi (V) served with warm tortilla wraps, guacamole, sour cream, cheese, salad and salsa.

£12

### HOMEMADE BEEF OR VEGGIE (V) CHILLI

Served with rice, cheese and homemade nachos.

£9.5

### HAM, EGG & CHIPS

West Country Ham, 2 fried eggs & chips.

£9

### PERI PERI WRAP

Chicken or halloumi pieces with tomatoes and cucumber and red onion smothered in a peri peri sauce, served in a tortilla wrap with sweet chilli mayo. Served with skinny fries and a side salad.

£11

## Salads

### GREEK SALAD (V)

Chunks of feta, cucumber and ripe tomatoes, mixed with olives, red onion and mixed leaves. Dressed with traditional Greek olive oil and balsamic vinegar, served with toasted Focaccia.

£9

### SUPERFOOD SALAD (V)

Lentils, chickpeas, quinoa and olives on a bed of mixed leaves, with a halloumi and beetroot topping. Dressed with a zingy lemon vinaigrette.

£10

### MOROCCAN SALAD (V)

Hot falafel, cucumber, tomatoes, red onion & grated carrot on a bed of mixed leaves served with homemade hummus and sweet chilli dressing.

£9

### CAJUN CITRUS CHICKEN SALAD

Hot cajun spiced chicken on a bed of mixed leaves, served with a citrus lemon dressing.

£9

## Burgers

Our burgers are handmade from 100% Cornish steak mince from swannacott manor farm, 8 miles away.

All burgers are served in a toasted brioche roll with mustard mayo, crunchy lettuce, tomato and skinny fries.

### THE ORIGINAL FARMYARD BURGER

Cornish beef, chicken fillet, fried egg, bacon, potato waffle & melted cheddar cheese.

£13

### CLASSIC BURGERS

Your choice of

£10

### CORNISH BEEF

### CHICKEN FILET

### GOAT CHEESE & BEETROOT (V)

### SPICY BEAN (V)

### HALLOMI (V)

### ADD BACON OR CHEESE

£1

### UPGRADE TO SWEET POTATO FRIES

£1

# Sweet Treats & Kids



## Desserts

### PEANUT BUTTER STACK (v)

Sweet & salty peanut butter crunch, milk chocolate & caramel, layered with chocolate brownie, drizzled with toffee sauce and a scoop of Cornish vanilla ice cream.

£5.50

### WARM BROWNIE (v)

Chocolate and walnut brownie served warm with vanilla ice cream

### POPCORN BROWNIE SUNDAE (v)

Brownie chunks, smothered in chocolate sauce, Cornish chocolate ice cream with whipped cream and toffee popcorn.

### ETON MESS SUNDAE (v)

Raspberry sorbet, crushed meringue, raspberry coulis & fresh raspberries.

### BANOFFEE SPLIT (v)

Fresh Banana split in two, Cornish vanilla ice cream lashings of toffee sauce, whipped cream and galaxy caramel chunks.

### LEMON MERINGUE SUNDAE (v)

Vanilla ice cream, Lemon curd meringue pieces and a whip of cream.

### TOFFEE CRUNCH SUNDAE (v)

Toffee fudge ice cream, honeycomb chunks, toffee sauce whipped cream.



## Ice Cream



Check out our impressive selection of Gerrys Originals Cornish ice creams and sorbet, made in Launceston just 21 miles away. **Find them in the parlour!**

1 SCOOP £2    SCOOP £3

## Kids Meal

### TO START

Bread & Veggie Sticks & Dip

£6.00

### MAINS

- Kids sized pizza with any 2 toppings
  - Mini chicken fillet & skinny fries
- Cornish beef burger in a bun & skinny fries
  - Tomato pasta & cheese (v)
  - Fish goujons & chips
  - Mac & Cheese (v)

### TO FINISH

Any scoop of our fantastic Ice cream and a flake.



# Booze



## Red Wine

**MERLOT - ESTAMPILLA DE GENIO** Abv 13% (Chile)  
Easy drinking, soft and plummy with a smooth finish.

£4 / £6 / £15

**CABERNET SAUVIGNON - RUE DES AMIS** (France)  
Dark ruby red with a powerful bouquet of ripe fruit, herbs and spices. Abv 13%

£4 / £6 / £18

**ZINFANDEL - TRUE ZIN** Abv 14% (Italy)  
Fruity, with notes of plum, cherry jam and tobacco. Very smooth and very tasty.

£22

## Rosé

**WHITE ZINFANDEL - CAR HOP** Abv 11% (California)  
Bright pink in colour, bursting with juicy melon, raspberry and apple notes.

£4 / £6 / £17

## White Wine

**SAUVIGNON BLANC - URMENETA** Abv 12% (Chile)  
A blend of herbal notes and fresh tropical fruit.

£4 / £6 / £15

**PINOT GRIGIO - LAROMA** Abv 12% (Italy)  
Fresh, dry and delicate with gentle floral and citrus aromas.

£4 / £6 / £18

**SAUVIGNON BLANC - TAWORRI** (Marlborough, New Zealand)  
Crisp, zesty character, gooseberry fruit, grassy notes and utterly delicious. Abv 12.5%

£22

## Sparkling

**PROSECCO - BORGO SANLEO** Abv 11% (Italy)  
Intense floral, fruity bouquet, wonderfully fresh and well balanced.

£6 / £21

## BEERS AND CIDERS

### Draught

**PRAVHA** Abv 4%  
A lighter pilsner

£4.2

**WOLF ROCK IPA** Abv 4.8%  
Cornish Red IPA from Noble and New World hops

£4.3

**ORCHARD CRAFT CIDER** Abv 4.5%  
The signature Cornish craft cider from Sharps Brewery in Rock

£4.2

**REKORDERLIG STRAWBERRY-LIME CIDER** Abv 4%  
A Swedish modern classic

£4.4

### Bottled Beers and Cider

**SOL** 330ml Abv 4.5%  
Classic summer lager

£3.5

**ESTRELLA DAMM** 330ml Abv 4.6%  
Refreshing balance of malt and bitter

£3.7

**DOOMBAR** 500ml (Rock) Abv 4.3%  
Lightly malted with a subtle bitterness.

£3.8

**SAN MIGUEL 00** 330ml Abv 0.1%  
Alcohol free lager from Spain

£3

**CELIA GLUTEN FREE LAGER** 330ml Abv 4.5%  
Organic, hand-crafted, gluten-free, suitable for coeliacs and vegans.

£4.2

**BREWDOG PUNK IPA** 330ml Abv 5.6%  
Post modern classic, spiky, tropical, hoppy.

£3.8

**CORNISH ORCHARDS PEAR CIDER** 500ml Abv 5%  
Local, medium dry and full of flavour.

£4

**CORNISH ORCHARDS GINGER BEER** 500ml Abv 4%  
Local, traditional, cloudy alcoholic ginger beer.

£4

**JUBËL** 330ml Abv 4%  
A natural peach lager, made in Cornwall.

£3.8

**BUDE BREWERY SOS (SAVE OUR SEAPOL)**  
A refreshing, well-hopped light golden ale.  
\* 20p goes directly to the Sea Pool 500ml Abv 4%

£4.2

**OFFSHORE PILSNER** 330ml (Rock) Abv 4.8%  
Local brew named 'World's Best Lager' at the World Beer Awards 2013.

£3.5

### CORNISH GIN & TONIC

£5

A range of flavours from local small batch distillery Tarquins, served with Fevertree tonic.

Cornish Dry  
Raspberry & Rhubarb  
Blackberry & Honey  
Strawberry & Lime



# Soft Drinks



## Hot Drinks

FILTER COFFEE	£1.90
LATTE	£2.60
CAPPUCCINO	£2.60
FLAT WHITE	£2.50
ESPRESSO	£1.80
AMERICANO	£2.50
MOCHA	£3.15
CORNISH SMUGGLERS TEA	£1.80
VARIETY OF TREGONTHNAN CORNISH HERBAL TEAS	£1.95

*All coffees are served with a double shot of espresso and milk of your choice: Cornish full fat/skimmed/soya/oat/coconut. Decaf available.*

HOT CHOCOLATE	£2.95
MINT HOT CHOCOLATE	£3.00
TURKISH DELIGHT HOT CHOCOLATE	£3.00
WHITE HOT CHOCOLATE	£3.00
CHAI LATTE	£2.85
TURMERIC LATTE	£2.85

Add cream and marshmallows for 50p

SYRUPS ARE AVAILABLE FOR ANY HOT DRINK - SEE THE BAR FOR OUR SELECTION

## FRO-YO

**FRO YO FRAPPE** £3.75

Fat free frozen yoghurt, espresso shot, milk and a choice of:

Hazlenut, Caramel, Vanilla, Mocha

## 100% Fresh Fruit Smoothies ALL £3.75

**RASPBERRY HEAVEN**

Raspberry, Blueberry, Mango & Apple.

**BERRY BURST**

Blueberry, Blackberry, Blackcurrant & Banana.

**GREEN REVIVER**

Curly Kale, Lemongrass, Banana & Mango.

**PINEAPPLE SUNSET**

Pineapple, Mango & Papaya.

**COCONUT CRUSH**

Pineapple & Coconut.

Please see board for our smoothie special

## Softies

COKE, DIET COKE, DR PEPPER & LEMONADE	£1.50
SAN PELLEGRINO ORANGE OR LEMON	£1.80
APPLE OR ORANGE JUICE	£1.75
CORNISH ORCHARDS - Elderflower, Pressed Apple Juice, Orange and Lemon Sparkle, Cranberry & Raspberry Sparkle	£2.60
J20 - Apple & Mango, Orange & Passion Fruit, Apple & Raspberry	£2.60
CORNISH WATER Sparkling/still	£1.25
FRUIT SHOOT	£1.00



## Marvellous Milkshakes

Served thick, made with ice cream & ♥

STRAWBERRY / CHOCOLATE / VANILLA	£2.95
FRESH BANANA / OREO COOKIE / MARS / SNICKERS / GALAXY CARAMEL / CRUNCHIE / MINT AERO / KINDER BUENO	£3.40
ADD WHIPPED CREAM AND A FLAKE	50P