

THE SOCIAL

Breakfast – served until 5pm

(Unfortunately we can't swap items)

Social Breakfast Special recipe sausage, smoked bacon, poached egg, black pudding, fried potatoes, mushrooms, grilled tomato, baked beans toast **8.5**

Veggie Breakfast Homemade Glamorgan sausages, poached egg, pink pepper spinach, mushrooms, grilled tomato, fried potatoes, baked beans and toast **V 7.5**

Vegan Breakfast Homemade vegan sausages, guacamole, mushrooms, roast tomato, fried potatoes, pink pepper spinach, baked beans and toast **VV 7.5**

Social Light Special recipe sausage, smoked bacon, poached egg, fried potatoes, baked beans & toast **5**

Veggie Light Homemade Glamorgan sausage, spinach, poached egg, fried potatoes, baked beans & toast **V 5**

Eggs On Toast served with truffle hollandaise – with your choice of:

Spinach **V**

Mushrooms **V**

Guacamole **V**

6.25

Smoked Bacon

Home cured salmon

Pork sausages

Homemade Glamorgan sausages **V**

6.75

Add extras for £1

Sandwiches – All £4

Homemade Glamorgan Sausages **V**

Homemade Vegan Sausage **VV**

Special recipe pork sausages

Bacon (Add Lettuce and tomato for £1)

Toast & Jam **V**

1.5

(VEGAN SPREAD AND GLUTEN FREE BREAD AVAILABLE ON REQUEST)

If you have any specific requirements please notify a member of staff before placing your order at the bar.

V= Vegetarian **VV**= Vegan **GF**= Gluten free **DF**= Dairy Free

Baps – Served all day

(Served with homemade chips and salad)

Beef burger w/sun dried tomato, pickles & chutney	All 6.95
Lamb Burger w/Mint yoghurt sauce	£7.50 with soft
Sweet potato & black bean burger w/sun dried tomato, pickles & chutney \	drink
Homemade fish fingers with tartare sauce	(Monday-
**Add Cheese or bacon for £1 (vegan cheese available)	Friday before
	5PM)

Light bites - Served all day

Vegetable chilli with socca chips, guacamole & cashew sour cream VV GF	7
Fowey west-country mussels in a cider sauce, with rustic bap	7
Halloumi Salad , with roast vegetables, tahini & lemon dressing and baby gem V GF	7.5
Beer-battered Cod & Chips , served with tartare sauce & pickled sea herbs DF	7.5
Homemade Soup Of The Day , Served with rustic bap VV	4.5
6oz beef Rump Steak served with roast tomato, garlic mushroom, chimichurri & mixed leaves GF	11

Evening menu – served from 5pm

Meat Tapas – see specials board for today's options, served with flatbread & olives	11
Vegan Tapas - see specials board for today's options, served with flatbread & olives	

Sides

Crispy squid with lemon aioli DF	Hand-cut chips (+Cheese £1) VV GF
Olives with ciabatta & balsamic VV	Social garlic bread (+Cheese £1) V
Homemade sweet potato fries VV GF	Social dressed salad VV GF
Battered Cauli bites with avocado aioli VV	Bowl of seasonal vegetables VV GF
4	Bread & Hummus of the day VV
	3

Add homemade sauces for 50p: Vegan Mayo, Garlic Aioli, Tartare sauce

Desserts

The Social chocolate cake served with double cream GF	4.5
Homemade ice creams (ask about today's flavours)	3

Kids

Beans on toast with or without cheese V	All 4.95
Breaded chicken with chips and salad	With small drink
Breaded fish finger with chips and salad	

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