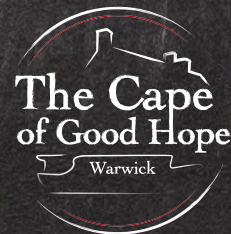


# CAPE ALL DAY MENU



## TO BEGIN

**VEGAN** (NGI) CHEFS SOUP OF THE DAY £7.9

Rustic Bread (GFO)

**HERB & GARLIC BAKED CAMEMBERT** £9.9

Rustic Bread, Caramelised Red Onion Chutney (GFO)

**♥ OUR FAMOUS CAPE SCOTCH EGG** £9.9

Black Pudding Sausage Meat & Piccalilli

**✓ CAPE MEZZE PLATTER WITH PITTA** £8.9/£16.9

Dolmadas, Olives, Hummus, Spicy Whipped Feta, Tzatziki

GF PITTA AVAILABLE + £1.5

**SALT & PEPPER SQUID** £8.9

Chilli, Coriander & Sweet Chilli

**✓ GREEK IMPORTED HALLOUMI FRIES** £8.9

Cape Salad & Bloody Mary Ketchup

**VEGAN** **SPICED CAULIFLOWER WINGS** £7.9

Vegan Sriracha Dip

**VEGAN** **PLANT BASED KOFTAS** £8.9

Flat Bread & Vegan Mayo

## KAI MOANA (SEAFOOD)

**WHITE FISH & CHORIZO STEW, GARLIC FLAT BREAD** £19.9

Peppers, Cannellini Beans & Parsley in a rich broth (GFO)

**HOOKY BEER BATTERED FISH & RUSTIC SKIN ON CHIPS, CRUSHED MINTED PEAS** £16.9

Delivered Fresh From Cornwall - Also Available Grilled (GFO)

**♥ 'MOULES FRITES' OUR FAMOUS ½ KG CORNISH MUSSELS** £18.9

Choose from either White Wine, Cream, Garlic, Onion & Parsley Broth, or Cider & Smoked Bacon.

COMES WITH RUSTIC FRIES - ADD ARTISAN BREAD £1.5

**PAN FRIED SEA BASS FILLET** £17.9

In a Spinach Parmesan, Potato & Cherry Tomato Cream Sauce

## CAPE GRILLS

**FREE RANGE 10OZ THICK D CUT GAMMON** £17.9

Fried Egg, Pineapple, Roasted Tomatoes & Mushroom, Gourmet Chunky Chips & Peas

**28 DAY DRY AGED 8OZ SIRLOIN STEAK** £29.9 **OR** **28 DAY AGED 8OZ RIB EYE STEAK** £31.9

Roasted Tomatoes, Mushrooms, Onions Rings, Gourmet Chunky Chips & Peas

ADD GARLIC & PARSLEY BUTTER £1.5 PEPPER SAUCE OR DIANE SAUCE £2.5

**GREEK MIXED GRILL PLATTER** £25

Pork Souvlaki Skewers, Greek Pork & Leek Sausage, Chicken & Pork Gyro, Greek Salad, Tzatziki, Tirokafteri, Pitta

**VEGAN** **VEGAN CAPE MIXED GRILL**

Sausage, Gyros, Kofta, Spiced Cauliflower Wings, Greek Salad with Vegan Feta, Grilled Pitta

## MARVELOUS MAINS

**IBERIAN PENCETA PORK SOUVLAKI SKEWERS** £14.9

Greek Salad, Basmati Rice Timbale, Tzatziki & Tirokafteri

**ROASTED CHAMPAGNE HAM, 2 FRIED EGGS, RUSTIC FRIES & GARDEN PEAS** £14.9

Can be made without Gluten Ingredients

**VEGAN** **MEDITERRANEAN VEGETABLE TART, BASIL & PUMPKIN SEED CRUMB** £14.9

Herb Crushed New Potatoes, Seasonal Vegetables & Veg Gravy

Please advise staff when ordering of any allergies  
NGI - No gluten Ingredients NGO - No Gluten Option

# CAPE HEALTHIER OPTIONS

**V** TRADITIONAL GREEK SALAD £8.5/£14.9

*Kalamata Olives, Greek Feta, Tomatoes, Cucumber, Onion*

CAPE CLASSIC CAESAR SALAD £16.9

*Grilled Chicken, Crispy Iceberg, Anchovies, Parmesan*

**VEGAN** RAINBOW POKE BOWL £14.9

*Sushi Rice, Red Cabbage, Beetroot, Edamame Beans, Sesame Seeds, Avocado, Seaweed, Special Dressing*

CHOOSE FROM TUNA, CAJUN CHICKEN, SMOKED SALMON OR FRIED CAULIFLOWER WINGS

## OUR GOURMET PIES

CHICKEN & OUTDOOR REARED GAMMON PIE CREAMY MASH, SEASONAL GREENS, JUS £18.9

*Marinated with Apples, Onions & Cider, Mustard Parsley Sauce*

OVERNIGHT SHIN OF BEEF PIE, CREAMY MASH, SEASONAL GREENS & RED WINE JUS £18.9

*Simmered in Red Wine & Roast Garlic, Root Veg, Thyme & Molasses, Finished with Madeira*

BRAISED COTSWOLD VENISON PIE, CREAMY MASH, SEASONAL GREENS & RED WINE JUS £18.9

*Marinated in Cider, Onions, Mushrooms, Garlic, Herbs & Redcurrant Jelly*

**V** CHEESY GOLDEN BEET & BEAN PIE, CREAMY MASH, SEASONAL GREENS, VEG GRAVY £18.9

*Golden Beets, Spinach & Butter Beans in a tangy Parsley & Cheddar Cream*

## CAPE BURGERS

*With Rustic Fries & Slaw - GF Bun £1.5 Extra or Go Naked & take £1 off*

6OZ KIWI BEEF BURGER, CHEDDAR CHEESE, STREAKY BACON £16.9

*Crispy Lettuce, Tomato, Beetroot & Red Onion & Cape Burger Sauce - Add a Fried Egg £1.5*

**VEGAN** SPICY ORIENTAL VEGAN BURGER COATED IN SESAME & CUMIN SEEDS £16.9

*Crispy Lettuce, Tomato & Vegan Mayo*

CAJUN SPICED CHICKEN BURGER, STREAKY BACON, CHEESE, CHIPOTLE MAYO £16.9

*Crispy Lettuce, Tomato & Red Onion*



## TASTY TACOS

*3 x 6 inch Tasty Tacos. Choose any 3 from the following combination. All the same or mix it up - £14.9*

- CAJUN CHICKEN, SLAW, CHIPOTLE MAYO - CHILLI CON CARNE BEEF, SLAW, JALEPENOS

- BEER BATTERED FISH, SLAW & TARTARE - SPICED CAULIFLOWER WINGS, SLAW, MAYO

## OUR FAMOUS CAPE LONG DOGS

12 INCHES OF MEATY PLEASURE IN A BROWN OR WHITE ARTISAN BAGUETTE £9.9

*Make it a Chilli Long Dog for £3.5 extra Add Cheese £2*

**VEGAN** MOVING MOUNTAIN VEGAN FRANKFURTER £9.9

## CAPE CHIP CHOICES & BAR SNACKS

**V** KUMARA CHIPS (SWEET POTATO FRIES) GARLIC AIOLI (NGI) £5

**V** GOURMET THICK CUT CHIPS £5

**🔥** SCREAMING MEXICAN £12.9

*Gourmet Chips, Chilli con Carne, Cheese & Jalapeños*

**V** RUSTIC SKIN ON CHIPS £5

**🔥** ULTIMATE LOADED FRIES £12.9

*Gourmet Chips, BBQ Pulled Pork, Melted Cheddar*

PIGS IN BLANKETS WITH CHORIZO, HONEY MUSTARD DRIZZLE £7.9

## CAPE SIDES

**VEGAN** SEASONAL VEGETABLES (NGI) £4.9

**V** OUR FAMOUS SMASHIES £5.5

*Crushed Deep Fried Roast Potatoes - Add Gravy for £1*

**V** BEER BATTERED ONION RINGS £4.9

**V** GARLIC FLATBREAD £5

*Add Mozzarella £1.5*

All our food is cooked fresh to order so please be patient, particularly during busy times

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