

UNA KITCHEN

ST IVES

Lunch Menu

Starters & Nibbles

MIXED OLIVES v Cornish olive company vegan option	4	SOUP OF THE DAY v with crusty bread	6
CRUSTY BREAD v with olive oil & balsamic	4	CHICKEN CAESAR SALAD cos lettuce, anchovies, caesar dressing, parmesan & croutons	8
SALT & PEPPER SQUID with asian salad & soy & honey dipping sauce	7	BEETROOT HUMMUS stonebaked flatbread	7

Wood Fired Pizzas

TOMATO & MOZZARELLA v with basil & olive oil	11	PORTOBELLO MUSHROOM v with garlic butter base, mozzarella & truffle oil	13
ROASTED MEDITERANEAN VEGETABLES v with mozzarella	12	CHILLI, CHICKEN & CHORIZO with mozzarella	12
PROSCIUTTO, MUSHROOM, MOZZARELLA with mozzarella & red onion	13		

swap mozzarella for cashew cream on all vegetarian pizzas for a vegan option

GLUTEN FREE PIZZA BASE AVAILABLE

Let us know if you would prefer yours to be cooked separately

Mains

CHUCK STEAK BURGER with sunblushed tomato mayonnaise, mozzarella, rocket & skin on fries	13	EXE RIVER MUSSELS in a classic white wine. cream & garlic sauce with skin on fries	15
CRISPY PORK BELLY creamed mashed potato, wilted spinach leaves, lentil and sage sauce & hogs pudding	15	LIME, PARMESAN & FINE BEAN RISOTTO pine nuts, wood roasted tenderstem brocolli & asparagus	12

Sandwiches

Served on brown or white bloomer bread with skin on fries

SMOKED SALMON & ROCKET with mayonnaise	10	WOOD ROASTED BEEF & HORSERADISH	9
MATURE CHEDDAR, RED ONION & ROCKET with mayonnaise	8	BACON, ROCKET & HERITAGE TOMATO with mayonnaise	8

Sides

MEDITERRANEAN VEGETABLES v roasted in the woodfired oven	3.5	ROCKET SALAD WITH PARMESAN & PINE NUTS	3.5
SKIN ON FRIES	3.5	TENDERSTEM BROCOLLI & CHILLI v	3.5

Desserts

RICH CHOCOLATE MOUSSE & CHOCOLATE BROWNIE with fresh raspberries	7	STICKY TOFFEE PUDDING butterscotch sauce & vanilla ice cream	7
HOT BELGIAN WAFFLE WITH BANANA & CARAMEL with crystallised nuts & vanilla ice cream	7	ROSKILLY'S ICE CREAM vanilla, Strawberry, Chocolate & more.	£2 per scoop

UNA KITCHEN

ST IVES

Children's Menu

under 14's

Starters

SOUP OF THE DAY
with crusty bread

4

GARLIC PIZZA BREAD

4

Mains

TOMATO & MOZZARELLA PIZZA

7

HAM & MUSHROOM PIZZA

7

BATTERED CORNISH FISH
with peas & fries

7

PASTA BOLOGNAISE

7

Dessert

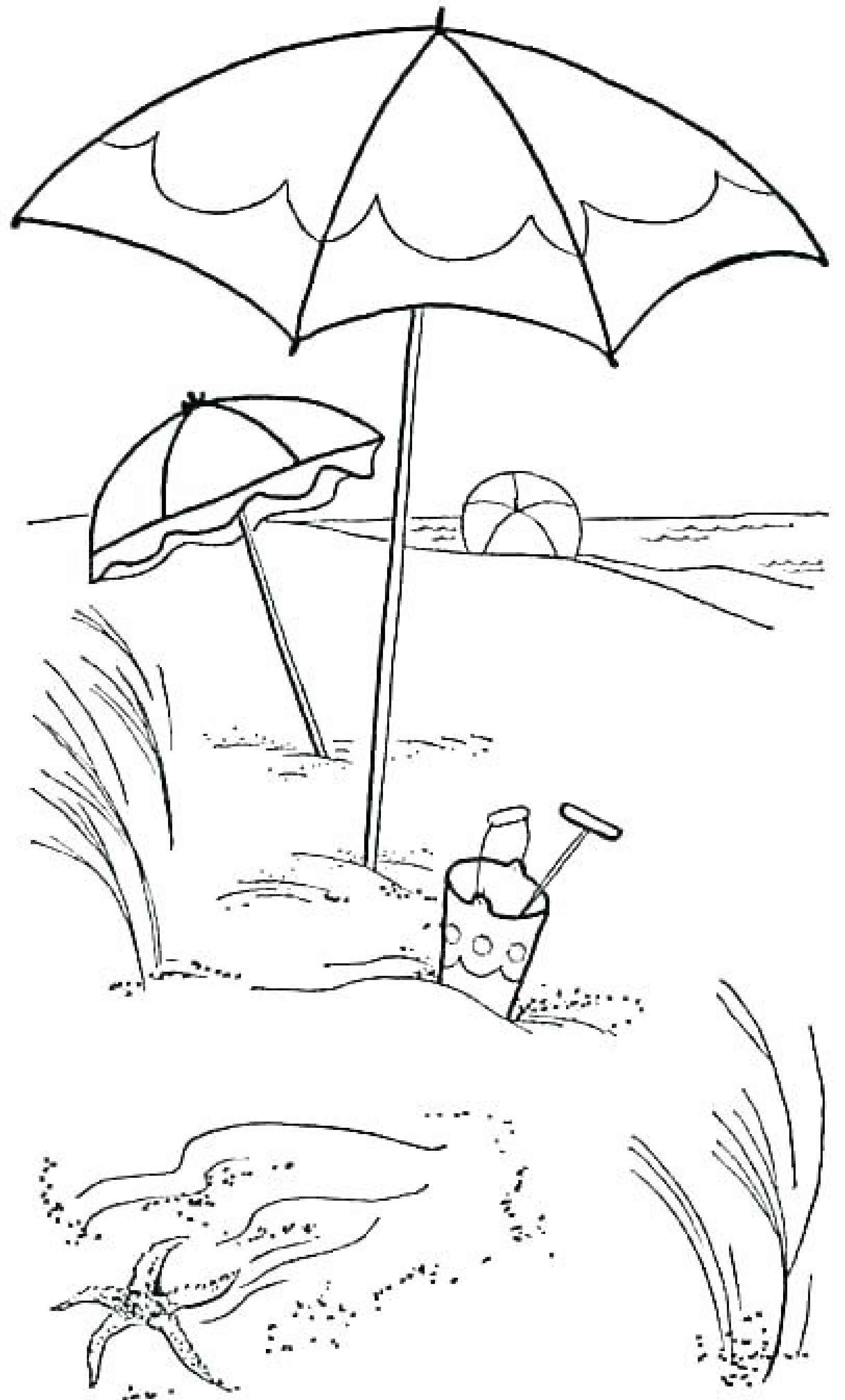
WARM CHOCOLATE BROWNIE
with vanilla ice cream

4

ROSKILLYS ICE-CREAM

2 per scoop

vanilla
chocolate
strawberry
ask for more flavours



Many of our dishes can be made vegan or gluten free by making substitutions or altering cooking methods. Please be aware that dishes are prepared in a kitchen that uses nuts. Please ask for more information.

Hot Drinks

AMERICANO	
<i>Large</i>	2.75
<i>Small</i>	2.35
LATTE	
<i>Large</i>	2.95
<i>Small</i>	2.75
CAPPUCCINO	
<i>Large</i>	2.95
<i>Small</i>	2.75
FLAT WHITE	2.95
ESPRESSO	
<i>Double</i>	2.50
<i>Single</i>	2.10
CHAI LATTE	2.85
MOCHA	3.50
HOT CHOCOLATE	3.00
<i>with cream</i>	3.50
<i>with marshmallows</i>	3.50
<i>with both</i>	3.75
CORNISH BREAKFAST TEA	2.30
HERBAL TEA	2.40
<i>Please ask for our selection</i>	
SYRUPS	+60p
<i>Caramel/Chocolate/Vanilla/Hazelnut</i>	
MILK ALTERNATIVES <i>upgrade</i>	+40p
BABYCHINO	2.00
<i>steamed milk, chocolate sprinkles & marshmallows</i>	

Soft Drinks

COCA COLA	2.95
DIET COKE	2.95
BUNDABERG GINGER BEER	4.5
CORNISH ORCHARDS <i>C</i>	
<i>Sparkling Elderflower</i>	3
<i>Sparkling Apple</i>	3
<i>Sparkling Apple & Rhubarb</i>	3
STILL/SPARKLING WATER <i>C</i>	
<i>250ml</i>	1.75
<i>750ml</i>	2.95
FRESH JUICES	
<i>Orange</i>	2.30
<i>Apple</i>	2.30
<i>Cranberry</i>	2.30
<i>Pineapple</i>	2.30
CORNISH TONIC	
<i>Sea Buck Tonic</i>	3.10
<i>Blackberry & Honey</i>	3.10
FEVER TREE MIXERS	
<i>Lemonade</i>	2.30
<i>Tonic</i>	2.30
<i>Light Tonic</i>	2.30
<i>Ginger Ale</i>	2.30
<i>Elderflower</i>	2.30

Milkshakes

All blended with whole milk & flavoured syrup of your choice. Please ask for semi-skimmed.

FLAVOURS: 4.50

Caramel / vanilla / chocolate / hazelnut / cinnamon / gingerbread / raspberry

add WHIPPED CREAM & MARSHMALLOWS +1.00

Smoothies

All our smoothies are blended to order using fresh-frozen fruit and apple juice.

STRAWBERRY SPLIT 4.50

Strawberry & banana

BLUEBERRY THRILL 4.50

Blueberries, raspberries, banana & flax seeds

BERRY GO ROUND 4.50

Raspberry, blackberry & strawberry

KALE KICK 4.50

Kale, spinach & mango

Cider

CORNISH ORCHARDS GOLD C 5.75

Cornish Dry Cider

OLD MOUT 6.00

Berries & Cherries Cider

Beer

OFFSHORE PILSNER 5.60

pint 2.80

half

ATLANTIC PALE ALE 5.60

pint 2.80

half

3.80

PERONI

Italian Lager

4.90

TRIBUTE LIGHT ALE

St Austell Brewery

4.90

PROPER JOB IPA

St Austell Brewery

2.80

BECKS BLUE AF

Non-alcoholic lager

White

Bottle/250ml/175ml

BLANCO - CALAVERAS - SPAIN

18.50/6.20/4.90

Delicious peach aromas with fresh pear and subtle floral notes.

PINOT GRIGIO-SERENO-ITALY

20.50/6.90/5.60

Light citrus aroma which leads to a mixture of juicy fruits and just a hint of vanilla on the palate

CHENIN BLANC - CAPE DREAM - SOUTH AFRICA

24.90/8.20/6.20

A fresh and succulent wine, off dry with crisp stone-fruit flavours with a hint of tropical richness.

VINHO VERDE - JANELAS ANTIGAS - PORTUGAL

26.00

An exciting and refreshing wine that perfectly combines the aromas of four of the most famous grape varieties of the region, resulting in a very fresh and fruity wine with a balanced acidity.

SAUV BLANC-TURTLE BAY-NEW ZEALAND

29.00/9.60/7.00

Aotearoa is the Maori name for New Zealand. This Marlborough is fresh and zippy full of tropical fruit and gooseberry flavours, well balanced with a long finish.

PICPOUL DE PINET - DOMAINE LA SERRE-FRANCE

30.00

Floral and tropical fruit notes on the nose. On the palate this crisp, dry white has plenty of stone fruit, melon, and zesty notes.

ALBARINO - RIAS BAIXAS - SPAIN

37.00

Clean, bright yellow colour with Golden highlights. Citrus notes in nose tasting, similar to lime. Floral notes and Smart herbaceous appreciation. Fresh in mouth and good volume with citric end.

Red

Bottle/250ml/175ml

TINTO - CALAVERAS - SPAIN

18.50/6.20/4.90

quaffable, full of fruit cake and spice. Very elegant tannins which lengthen the liquorice and fennel characters on finish.

MERLOT - LUNA AZUL - CHILE

20.50/6.90/5.60

This attractive Merlot displays varietal aromas of cassis and liquorice. The palate is fleshy and mouth filling with flavours of plum, sweet spice and a hint of chocolate.

PINOTAGE - FRANSCHHOEK CELLAR - SOUTH AFRICA

23.00/7.80/5.70

An elegant combination of cherries and red fruits with a soft tannin structure.

PRIMITIVO - PUGLIA - ITALY

26.00

Aromas of fresh, lifted mint and blackcurrant combine with ripe, dark berry flavours and a soft acidity to produce a wine with a rich, persistent finish.

SYRAH - ROTHSCHILD - FRANCE

27.00

Deeply coloured with a powerful nose of ripe blackberry fruit, cherries and a hint of spice.

MALBEC - EQUINO - ARGENTINA

28.00

A mix of plum, raspberry and blackberry, medium-bodied, yet soft and silky. The purity of this wine is a natural acidity which complements the fruits in a lengthy finish.

RIOJA - MARQUES DEL ATRIO - SPAIN

38.00

Dark red colour with violet tinges. High aromatic intensity, hints of red and black fruit blended with the oaky and vanilla notes coming from the barrel ageing. In the mouth it offers up firm and rounded tannins showing a good ripening. Persistent and harmonious aftertaste.

Bubbles

Bottle/125ml

PROSECCO-I CASTELLI-ITALY

32.00/6.20

The delicious aromas of apple and pear melt into a smooth and fresh wine on the palate.

CUVEE ROSE-ZONIN-ITALY

36.00

Pale pink in colour, dry on the palate with fruity aromas

BRUT-CAMEL VALLEY-CORNWALL

95.00

Flavours of lemon sherbet & biscuit with fine bubbles. Made just outside of Padstow & a credit to Cornish winemaking.

BEE'S KNEES AF 200ml bottle

5.50

A refreshing and finely balanced non-alcoholic drink combining sparkling fermented grape juice blended with premium green tea

Rose

Bottle/250ml/175ml

PINOT BLUSH-PRIMI SOL-ITALY

20.00/6.90/5.20

A very easy style of wine with a soft, refreshing burst of summer red fruits.

ZINFANDEL-CHARLIE ZIN-USA

23.00/8.00/5.80

Fruity and fresh with a very pleasant mouth feel. A gorgeous rosé laden by red fruit and hints of delicate spices. Rich in flavour with an elegant and harmonious aftertaste.

PROVENCE ROSE-QUINSON COTES-FRANCE

33.00

This provence rose is the perfect summer wine, light and heathery in flavour with fresh and intense aromas

G&T

Perfect pairings with locally produced Seabuck Tonics

Matched with Seabuck Classic

ST IVES BLOOD ORANGE

7.80

sweet orange & lemon peel

AGNES ARBER

8

juniper, liquorice & orange

ST IVES GIN

7.60

vanilla & pink peppercorns

Matched with Seabuck Blackberry & Honey

TARQUINS BLACKBERRY

7.35

blackberry & wildflower honey

ST IVES SUPER BERRY

7.60

sweet red berry & juniper

Perfect pairings with Fever Tree Premium Mixers

Matched with Indian Tonic

PLYMOUTH

juniper, coriander & cardamom

5.80

TARQUIN'S CORNISH

violets & orange zest

6.30

Matched with Ginger Ale

AGNES ARBER RHUBARB

tart rhubarb & spice

7.20

Cocktails

PASSIONFRUIT MARTINI

Absolut vanilla, Passoa, lime juice & sugar with a side of Prosecco

8.50

FRENCH MARTINI

Absolut vodka, raspberry syrup & pineapple juice

8.50

SPICED APPLE GIN FIZZ

Tarquins Gin, Apple juice, honey, fresh lime juice, cinnamon & soda

8.75

DARK & STORMY

Old J Dark Spiced, ginger ale & lime juice

8

MIXED BERRY DAIQUIRI

A blend of Bacardi rum & frozen mixed berries

8.75

AUTUMN CRANBERRY MARGHERITA

Tequila, Cointreau lime juice all blended with cranberry juice

8

MULLED WINE

Caliveras Tinto & winter spices

8

BRAMBLE

Gordons gin mixed with cassis & lemon juice

8.50

RASPBERRY AMARETTO SOUR

Disarrano Amaretto with raspberry & lime

8.50

UNA NEGRONI

Gordons gin, Campari & Cinzano Rosso

8.50

COSMOPOLITAN

Absolut vodka, cranberry juice & lime

8.25

WHISKY SOUR

Jack Daniels Bourbon, lemon juice & red wine

8.25

BLACKBERRY & ELDERFLOWER PIMMS

Limited Edition Pimms, Orange & Soda

8.25

Spritz Cocktails

APEROL SPRITZ

Aperol Italian liqueur, Prosecco, & soda

8.25

MIMOSA

Orange juice & Prosecco

8

CORNISH ROYAL

Tarquins blackberry gin & Prosecco

8

ELDERFLOWER FIZZ

Elderflower cordial & Prosecco

8

ST IVES SPARKLE

St Ives Gin Liqueur & Prosecco
Choice of Limoncello, Limecello, Pompellmocello & Arancello

8

Mocktails

SEA BUCK

Sea Buck Cornish tonic water, orange & rosemary

3.50

AUTUMN PUNCH

Cranberry & orange juice with orange & rosemary

3.50

HOMEMADE LEMONADE

Fresh lemon juice & sugar topped with soda

3.50

BLACKBERRY CRUSH

Blackberry syrup & lime juice blended with ice

3.50

PENTIRE & TONIC

Botanical non alcoholic spirit & Fever Tree Indian Tonic

4.80

Dessert Cocktails

PUMPKIN MARTINI

Absolut vodka, Baileys & pumpkin spice

8.50

MOCHA MARTINI

Absolut vanilla, Bailey's shaken with fresh espresso & chocolate

8.50

ESPRESSO MARTINI

Absolut vanilla, Tia Maria, fresh espresso, sugar syrup

8.50

FLAT WHITE MARTINI

Absolut vanilla, Baileys, fresh espresso, sugar syrup

8.50

BOOZY HOT CHOCOLATE

Choice of Aluna Coconut Rum, Baileys or
Kraken black spiced rum

5.75

Add cream & marshmallows +£1.00