



LUNCH MENU

BASKET MEALS

COD BITES AND FRIES

Battered bite size cod, with fries and homemade tartar sauce
8.95

SOUTHERN FRIED STRIPS AND FRIES

Crispy southern fried chicken, with seasoned fries and dip
8.95

CHICKEN GOUJONS AND FRIES

Crispy chicken goujons, with seasoned fries and dip
8.95

FALAFEL AND FRIES

Tasty falafel bites, with seasoned fries and sweet chilli
8.95

HALLOUMI AND FRIES

Breaded halloumi, with seasoned fries and sweet chilli
8.95

MAINS

BEER BATTERED FISH OF THE DAY

Beer battered fish of the day, with chunky chips, homemade tartar and garden or mushy peas
8.95 / 16.95

WHOLETAIL SCAMPI

Wholetail Whitby scampi, with chunky chips, homemade tartar and garden or mushy peas
9.50 / 17.95

THE PILCHARD PLATTER

Famous Cadwith crab, with crevettes, salad, new potatoes and crusty bread
21.95

CRISPY SEAFOOD PLATTER

Breaded squid, cod and prawn in a chilli soy sauce, with spiced fries
17.95

THE PILCH BURGER

Homemade 6oz beef burger, with emmental cheese, chunky chips, winter slaw and our own burger sauce OR go veggie with a Moving Mountain veggie burger
16.50

TOMATO AND BASIL SOUP

Our homemade soup, served with crusty bread
7.95

CHEESY CHIPS

Our chunky chips, but with cheese
4.50

FRIES OR CHIPS

Our chunky chips, or crispy fries
3.50

FOOD ALLERGIES AND INTOLERANCES

PLEASE SPEAK TO A MEMBER OF STAFF ABOUT THE INGREDIENTS IN OUR DISHES BEFORE PLACING YOUR ORDER.

WE FOLLOW GOOD HYGIENE PRACTICES IN OUR KITCHEN, HOWEVER, WHILST A DISH MAY NOT IDENTIFY A SPECIFIC ALLERGEN AS AN ACTUAL INGREDIENT, DUE TO THE WIDE RANGE OF INGREDIENTS USED IN OUR KITCHEN, FOODS MAY BE AT RISK OF CROSS CONTAMINATION BY OTHER INGREDIENTS. PLEASE ASK OUR STAFF FOR FURTHER INFORMATION.



GREEK

AT THE 5
PILCHARDS

SOUVLAKI

£16.50

MARINATED CHICKEN SKEWERS, SERVED
WITH CHIPS, PITTA, GREEK SALAD AND
TZATZIKI

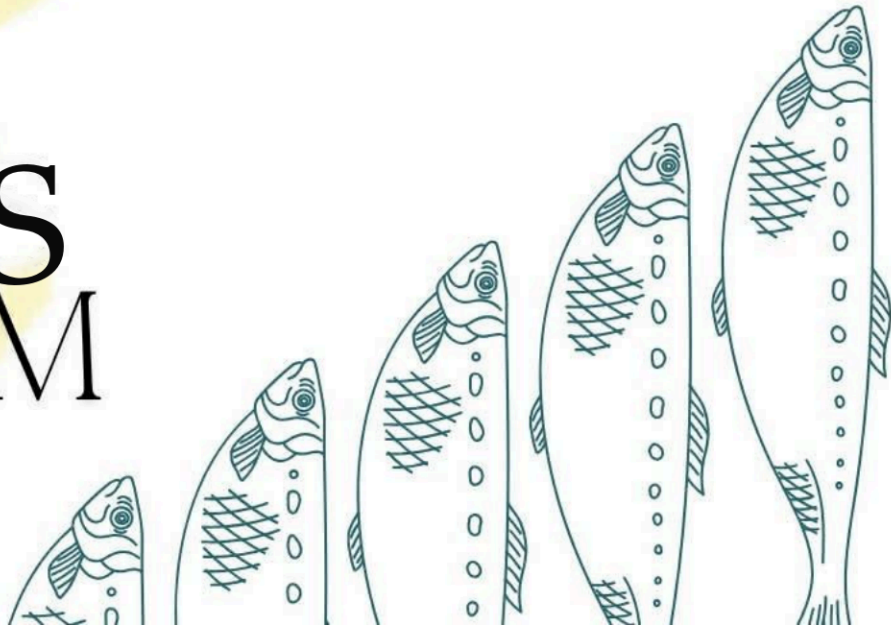
GYROS

£11.95

MARINATED CHICKEN PIECES, SERVED ON
A PITTA WRAP, WITH FRIES, SALAD AND
TZATZIKI

SWAP THE CHICKEN FOR HALLOUMI TO MAKE IT VEGETARIAN!

SUNDAYS
12PM TIL 9PM





KIDS & SMALL MEALS

TOMATO LINGUINE

A simpler linguine with tomato and basil sauce, with a little bit of cheese

7.95

FISH OF THE DAY OR SCAMPI

Wholetail Whitby scampi, or battered fish of the day, with chunky chips, homemade tartar and garden or mushy peas

9.50

CHEESY CHIPS

Our chunky chips, with a mix of cheddar and mozzarella cheese

4.50

FRIES OR CHIPS

Our chunky chips, or crispy fries

3.50

PIZZAS

PIZZA OF THE WEEK

See accompanying board

14.95

MARGHERITA

Tomato and basil base, with mozzarella cheese and basil

12.95

PEPPERONI

Tomato and basil base, with mozzarella and pepperoni slices

13.95

GOAT'S CHEESE AND ONION

Tomato and basil base, with goat's cheese and caramelised onions

14.95

BBQ CHICKEN

Bbq base, with grilled chicken and mozzarella

13.95

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LUNCH MENU

BAGUETTES

BRIE AND BACON

Bacon with brie and cranberry sauce, served with salad garnish and fries
11.95

CHEESE AND CHUTNEY

Cheese and onion chutney, served with salad granish and fries
11.95

FISH FINGER

Beer battered fish fingers and tartar, served with salad garnish and fries
11.95

CADGWITH CRAB SANDWICH

*Fresh Cadgwith crab, in wholemeal bread, served
with salad garnish and fries*
17.95

VEGAN FALAFEL

*Falafel with vegan mayo and leaf, served with salad
garnish and fries*
11.95

PIZZAS

PIZZA OF THE WEEK

See accompanying board
12.95

MARGHERITA

*Tomato and basil base, with mozzarella
cheese and basil*
11.00

PEPPERONI

*Tomato and basil base, with mozzarella and
pepperoni slices*
11.95

GOATS CHEESE AND ONION

*Tomato and basil base, with goats cheese
and caramelised onions*
12.95

BBQ CHICKEN

*Bbq base, with grilled chicken and
mozzarella*
11.95

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the 5 PILCHARDS

STICKY CHILLI BEEF

Teriyaki beef with chilli and sesame, with a salad garnish
8.95

TOMATO AND BASIL SOUP

Our homemade soup, served with crusty bread
7.95

BREAD AND OILS

Crusty bread, served with balsamic vinegar and olive oil
6.95

GARLIC CREVETTES

Crevettes in a garlic butter sauce, with garnish and crusty bread
8.95

CRISPY SEAFOOD PLATTER

Breaded squid, cod and prawn in a chilli soy sauce, with spiced fries
17.95

BEER BATTERED FISH OF THE DAY

Beer battered fish of the day, with chunky chips, homemade tartar and garden or mushy peas
16.95

WHOLETAIL SCAMPI

Wholetail Whitby scampi, with chunky chips, homemade tartar and garden or mushy peas
17.95

THE PILCH BURGER

Homemade 6oz Vincent's beef burger, with emmental cheese, chunky chips, winter slaw and our own burger sauce OR go veggie with a Moving Mountain veggie burger
16.50

THE PILCHARD PLATTER

Famous Cadgwith crab, with crevettes, salad, new potatoes and crusty bread
21.95

CADGWITH CRAB LINGUINE

Linguine with famous Cadgwith crab, in a chilli creamy sauce
18.95

LINGUINE POMODORO E FUNGHI

Linguine with garlic and mushroom, in a tomato basil sauce
15.95

STEAK FRITES

6oz Vincent's flash steak, with salt and pepper fries, vine tomato and a garlic pepper butter
18.95

CAESAR STYLE SALAD

Grilled chicken, or halloumi, served on leaf with croutons, dressing and herbs
16.95 UPGRADE TO STEAK FOR+ £2.95

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