

# Cornish Tapas and Grill

THE BANK AT BUDE IMPORTS TRADITIONAL SPANISH INGREDIENTS AND THEN BLENDS THEM WITH FRESH CORNISH PRODUCE WHICH GIVES THIS MENU OUR CORNISH TWIST ON SPANISH TAPAS.

## Cornish Tapas from the Field

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|----|---|------|
| 1  | Sautéed chorizo topped with local Cornish cheese (GF)                           | 6.95 |
| 2  | Spanish black pudding & chorizo cooked with roasted peppers, basil & onion (GF) | 7.05 |
| 3  | Homemade Beef Meat balls in a tomato herb sauce (GF)                            | 6.45 |
| 4  | Chicken breast cooked in garlic, onions saffron & herbs (GF)                    | 7.40 |
| 5  | Slow cooked pork belly served on caramelised red onions (GF)                    | 7.35 |
| 6  | Chicken breast pieces with chorizo in a tomato & garlic sauce (GF)              | 7.45 |
| 7  | Slow cooked ruby red beef with herbs, tomatoes & red peppers (GF)               | 8.20 |
| 8  | Chicken breast cooked in a ginger chilli garlic jam (GF)                        | 7.40 |
| 9  | Crispy Duck, Plum Sauce served on Spinach with garlic (GF)                      | 8.35 |
| 10 | BBQ Chicken Wings (GF)  | 7.35 |

## Cornish Tapas From The Sea

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|----|---|-------------------|
| 11 | Deep fried calamares served with garlic dip   | 7.50              |
| 12 | Cornish Steamed Mussels, white wine, garlic parsley cream (GF)                                    | T 9.25<br>M 16.25 |
| 13 | Fillet of Seabass with garlic, green beans and lemon  | T 9.35<br>M 16.25 |
| 14 | Whitebait deep fried with tartare sauce   | 7.25              |
| 15 | Cod and Prawn cooked in Tomato, Basil & Garlic sauce (GF)   | 8.95              |
| 16 | Pan fried Cornish scallops in Basil, garlic oil, served in their shell (GF)                       | T 9.35<br>M 16.35 |
| 17 | Grilled Black Tiger Prawns in garlic parsley butter (GF)  | 10.95             |
| 18 | Fresh Pan fried Scampi Tails with crushed minted peas, smoked sea salt (GF)                       | 9.85              |
| 19 | Pan fried king prawns with ginger chilli garlic jam (GF)  | 8.05              |
| 20 | Crispy Coated Stretched Prawns seasoned with Cornish sea salt & smoked paprika, with a garlic dip | 8.25              |

## Cornish Tapas From The Vegetarian Garden

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|----|---|------|
| 21 | Padron peppers, pan fried in olive oil & seasoned with Cornish sea salt (V & GF)            | 5.45 |
| 22 | Thinly sliced aubergine, deep fried and served with a pot of Spanish honey (V)              | 6.25 |
| 23 | Falafel Balls with spicy tomato dip (V)   | 6.35 |
| 24 | Oven baked carrot & courgette with roasted peppers & star anise in olive oil (V & GF)       | 5.45 |
| 25 | Pan fried chestnut mushrooms with sherry, onion, garlic, fresh parsley & olive oil (V & GF) | 5.75 |
| 26 | Spanish omelette with potato & onion (V & GF)   | 5.85 |

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|----|--|------|
| 27 | Chickpeas cooked in herbs, onions, peppers and tomato (V & GF)         | 5.95 |
| 28 | Bucket of Straw Onions crispy coated with House seasoning & garlic dip | 7.25 |
| 29 | Butter beans & spinach cooked in garlic & tomatoes (V & GF)            | 5.85 |

## Potato Dishes

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|----|--|------|
| 30 | Fried potatoes covered in bravas sauce (V & GF)                          | 4.45 |
| 31 | Triple cooked chips with sea salt & thyme in pork lard (GF)              | 4.20 |
| 32 | Fried potatoes with garlic mayonnaise and a sprinkle of paprika (V) (GF) | 4.35 |

## From The Salad Garden

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|----|---|------|
| 33 | Salad of mixed leaves, tomato, red onion & peppers (V & GF)         | 5.45 |
| 34 | Salad of mixed leaves with goats cheese & pine nut kernels (V & GF) | 7.05 |
| 35 | Cherry Tomato and Red Onion Salad                                   | 4.95 |

## Bread & Olives

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|----|--|------------------|
| 36 | Olives (GF)  | S 2.45<br>L 4.10 |
| 37 | Bread for one with extra virgin olive (V)<br>Bread for two with extra virgin olive (V)   | 1.55<br>2.95     |
| 38 | Bread served with garlic, lemon & paprika mayonnaise for one (V)<br>Bread served with garlic, lemon & paprika mayonnaise for two (V) | 2.55<br>4.45     |

**Rack of Hanging Prawns, grilled in garlic butter. Served with bread (great sharing dish) 26.00**

## Paellas

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|----|--|--------------------|
| 40 | Aromatic rice and peas with chorizo, chicken and belly pork (GF)                     | S 16.25<br>L 25.45 |
| 41 | Calamari, prawns, cod, clams & mussels with aromatic rice and peas (GF)              | S 17.65<br>L 28.35 |
| 42 | Aromatic rice and peas with mushrooms, carrot, courgette and roasted peppers (GF, V) | S 14.35<br>L 23.95 |

**If you can't manage all of your food and would like to take it home, please ask a member of staff for a take home box.**

Whether you're coming in for a glass of beer, bottle of wine, Sangria, Tapas nibbles, full Tapas or the Grill you will be blown away!

(V) denotes suitable for Vegetarians.

(GF) denotes Gluten Free foods.

We cannot guarantee that any food will not have come into contact with nuts during preparation.

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## Notes

Why not use this space to write down your order...

## Dessert, Cheese and Coffee

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|---|------|
| Winter Warmers<br>Chocolate Fondant or Sticky Toffee Pudding, topped with Cornish Clotted Cream (GF)  | 6.00 |
| Cheese Board<br>Manchego, Cornish Blue & Cornish Brie, served with bread and caramelised onion jam<br>Gluten Free bread available with cheese boards. | 8.75 |
| Coffee  |      |
| Cappuccino  | 2.40 |
| Latte   | 2.50 |
| Flat White  | 2.15 |
| Espresso  | 1.80 |
| Double Espresso   | 2.10 |
| Tea   | 1.50 |
| Americano Black   | 2.15 |

## The Bank Grill

Something different from the Bank to run alongside our great Tapas menu, the ultimate Steak experience. All our meat is Cornish sourced and simply cooked to your liking, all to create a mouth-watering Marvelous Steak.

**10oz Rib Eye Steak 23.50**

**8oz Rump Steak 17.50**

All of the above are served with slow roasted tomato, chestnut mushrooms, triple cooked chips or buttered new pots.

**Surf and Turf 3.25**

**Pepper Sauce 2.50**

**Crispy Coated Onions 3.25**

**Blue Cheese Sauce 2.50**

**From the Sea. Fish Platter  
Scampi, Stretched Prawns,  
Calamares, Cod Goujons, Whitebait,  
Scallops, King Prawns 34.00**

**Lobster and Seafood Paella 28.00**

**Baked Fillet of Cornish Hake  
In a tomato & basil garlic sauce with  
crushed potatoes, roasted garlic and  
peas 17.50**

**From the Field. Meat Platter  
Ginger Chilli Chicken, Sautéed Chorizo,  
Roasted Belly Pork, Peppered Rump Steak,  
Saffron Chicken, BBQ Chicken Wings  
32.00**

All our Spanish ingredients are sourced directly from Spain, and all our Cornish ingredients from local suppliers. All our food is freshly cooked to order.