

MENU

SANDWICH MENU

Served on fresh artisanal ciabatta or gluten free, vegan brioche sub style roll

All sandwiches served with salted crisps & side salad

- CHILLI & GINGER CHICKEN (GFO)(DFO)** £10
marinated chicken breast in our homemade chilli & ginger sauce with fresh lettuce, red onion & spring onion
- KING PRAWN SALAD (GFO)(DFO)** £11
fresh king prawns in our homemade aioli with fresh lettuce, tomato, red onion, red pepper & cucumber
- MEATBALL SUB (GFO)** £10.50
Spanish style meatballs in our rich tomato sauce loaded with melted Cornish cheddar & mozzarella cheese
- POSH FISH FINGER SANDWICH (GFO)(DFO)** £10.50
freshly caught & battered haddock goujons with crisp lettuce, gherkins & homemade tartare sauce
- SPICY DUCK & SALSA (GFO)(DFO)** £11
shredded duck in our fiery bravas sauce with fresh lettuce and our homemade salsa
- BBQ PULLED PORK (GFO)(DFO)** £9.75
slow cooked belly pork shredded and smothered in our sticky homemade BBQ sauce with fresh lettuce & red onion
- BEAN & CHEESE MELT (V)(GFO)** £9
butterbeans, cannellini beans & chickpeas seasoned with paprika, garlic & cumin topped with melted Cornish cheddar & mozzarella cheese
- THE BANK AT BUDE PLOUGHMANS (GFO)(DFO)** £10.75
Serrano ham & Cornish cheddar with caramelised onion chutney, gherkins, tomato, lettuce, red onion & apple slices

Swap the Serrano Ham for Manchego Cheese to make it Vegetarian friendly



LOS ACOMPAÑAMIENTOS

A little something on the side

- PAN DE AJO (V)(GFO)** £4.50
freshly baked bread with lots of garlic butter & a pimenton butter & blossom honey drizzle
why not add cheese for just £1.50
- PATATAS BRAVAS (VE)(GF)(DF)** £5.95
classic Spanish tapas dish! Fried potatoes coated in our homemade, fiery hot bravas sauce.
- TRIPLE COOKED CHIPS (GF)(DF)** £5.25
hand-cut triple cooked chips served with paprika salt or classic Cornish sea salt
- COURGETTE FRITAS (VE)(GF)(DFO)** £7.95
courgette fries coated in a light tempura, fried until crisp & golden. Served with lemon & pepper agave
- PAPRIKA PATATAS (VE)(GF)(DF)** £5.65
fried potatoes coated in paprika salt for a burst of flavour
- SWEET POTATO FRIES (GF)(DF)** £6.00
hand-cut triple cooked sweet potato fries served with paprika salt or Cornish sea salt
- PADRÓN PEPPERS (VE)(GF)(DFO)** £7.45
deep fried padrón peppers seasoned with a sprinkling of Cornish sea salt
- MIXED SALAD (VE)(GF)(DF)** £7.15
light side salad to share! Mixed leaf, red onion, peppers, cherry tomato, cucumber & basil oil
- SPANISH OLIVES (VE)(GF)(DF)** £4.95
mix of Manzanilla & Gordal olives grown and picked in Spain. Stone in for flavour

SMALL PLATES

Choose 2 for £14 or 3 for £19

- CHILLI GINGER CHICKEN (GF)(DF)**
marinated chicken breast bites served in our homemade chilli ginger sauce
- MEJILLONES (GF)(DF)**
local mussels steamed with white wine & served with traditional Spanish escabeche
- SLOW COOKED PORK BELLY (GF)(DF)**
slow cooked pork belly simply served with caramelised red onion jam
- GAMBAS AL AJILLO (GF)(DFO)**
pan fried peeled king prawns cooked and served in a fresh garlic butter & basil oil
- BBQ CHICKEN WINGS (GF)(DFO)**
roasted BBQ chicken wings coated in our homemade sticky honey BBQ glaze

CALAMARES (DF)(GFO)

delicious chunks of tender squid in a salt & pepper crumb. Served with homemade tartare
GF alternative - squid rings cooked in our homemade lemon & turmeric batter

CRISPY KING PRAWNS (GF)

king prawns lightly coated in our GF panko crumb. Dusted with paprika salt & served with our chilli ginger sauce

ALBONDIGAS (GF)(DF)

pork & beef Spanish style meatballs in a tomato, red pepper, garlic & onion sauce
why not add cheese for just £1.50

CARCAMUSA (GF)(DF)

traditional Spanish chilli made with pulled pork, diced chorizo, garlic, petit pois fresh chilli & Spanish onions

SAUTÉED MUSHROOMS (VE)(GF)(DFO)

chestnut mushrooms cooked in sherry with garlic & caramelised red onion

FRITTATA ESPAÑOLA (V)(GF)

classic Spanish frittata filled with carrot, courgette, mushroom, red onion, peppers & potato. Seasoned with paprika & crushed chillies.

CHAMPIÑONES RELLENOS (VE)(GF)(DF)

chestnut mushrooms filled with sweet potato, red onion, garlic, cumin & paprika topped with a herby tofu crumble.

SPANISH BEAN POT (VE)(GF)(DF)

slow cooked chickpea, cannellini & butterbean stew with onions, tomatoes, garlic, cumin & paprika.

CRISPY CAULI BITES (V)(GF)

cauliflower bites lightly coated in our GF crumb, fried for crispiness & tossed in our homemade soy, honey & chilli glaze

PAELLA FOR 1

Perfectly sized for lunch



all below toppings are added to authentic

Paella rice infused with saffron.

VEGGIE (VE)(GF)(DF)

chestnut mushrooms, green beans, carrot & courgette, red peppers & peas

MEAT (GF)(DF)

Spanish chorizo, chicken breast, slow cooked belly pork, red peppers & peas

SEAFOOD (GF)(DF)

locally caught haddock, squid, prawns, mussels, clams, red peppers & peas

A BIT OF EVERYTHING (GF)(DF)

Spanish chorizo, prawns, squid, slow cooked belly pork, red peppers, chestnut mushrooms & peas.



TIPSY TAPAS

£45 pp

Bottomless cocktails or sangria for 90 minutes alongside a selection of some of our most popular tasty tapas treats to share, served on our tipsy tower.

Upgrade to our D.O.C Prosecco for just £5pp extra

