

the  
**TRURO**  
INDO AFRICAN INSPIRED CUISINE

## Welcome to The Truro.

It was the year 1860, and the Truro embarked on its epic voyage from Southern Asia. The vessel, weathered and bursting at the seams, nestled itself into the welcoming embrace of Port Natal. An enthusiastic group of South Asians emerged onto the unfamiliar shores of South Africa. Through the generations, a vibrant and unwavering community was born. Their journey gave rise to a culinary heritage as rich and enduring as the very spirit that brought them to South Africa.

Fast forward to the year 2023, and a new Truro emerges in the heart of London. The Truro Restaurant is a living tribute to the cultural richness of those who embarked on that arduous journey. It is a celebration of Indo African tastes; a tapestry of flavours from South Asia to South Africa. When it comes to our seafood offerings, there is no finer example than our succulent grilled prawns. Marinated to perfection, each dish tells a tale of resilience, heritage, and the power of shared experiences. Each bite is a testament to the journey, a living chapter in our culinary story.

As you embark on your dining experience at The Truro, know that you are not just partaking in a meal: you are stepping into an exhilarating adventure.



# the STARTERS

## CAPE CALAMARI

Inspired by the rich waters of the Cape, these tender calamari rings are served in our unique Truro sauce.

7.49

## DURBAN BUTTERNUT SOUP

Infused with a hint of curry spice, this hearty soup brings a taste of Durban's famed spice market to your table. Served with a Truro roll.

4.95

## GRILLED HALLOUMI

Grilled halloumi served with a sweet and sour sauce.

5.95

## CHICKEN LIVERS

Spicy chicken livers served in our special peri-peri sauce. Served with a Truro roll.

6.49

## CHEESY GARLIC ROLL

Indulge in our homemade garlic roll.

3.95



Starters



Vegetarian



Medium



Hot

# the GRILLS

Experience authentic South African tastes with our delectable grilled dishes. Traditionally made on a Braai (BBQ), Opt for any of our succulent dishes enriched by the unique Truro spice blend.

## BRAAI CHOPS

4 Tender baby lamb chops; flame-grilled to perfection with our signature Truro spice blend.

13.95

## RIVERSIDE KEBABS

8 Succulent Riverside beef kebabs, seasoned with our home-made spices. Aromatic and succulent.

13.95

## BEIRA WINGS

6 chicken wings marinated in Mozambican dry spices. A nod to its street food culture.

5.95

# the SALADS

## THE PEAR SALAD

A perfect harmony of fresh mixed greens, caramelised pears, roasted sweet almonds with a drizzle of our home-made honey mustard dressing.

8.49 SINGLE / 13.95 FAMILY

## GREEK SALAD

Our crisp and refreshing Greek salad. Fresh lettuce, tomatoes, cucumber, olives and feta cheese with our signature dressing.

7.49 SINGLE / 12.95 FAMILY



Starters



Vegetarian



Medium



Hot

# the SEAFOOD

## LARGE MOZAMBIQUE GRILLED PRAWNS

With each prawn hand cleaned and butterflied individually, our prawns become a canvas for the rich tapestry of traditional Mozambican and African spices. Opt for the chef recommended glaze – choose between our signature lemon butter or peri-peri sauce, served on a bed of rice.

**6 x Prawns – 14.95**

**12 x Prawns – 27.95**

**18 x Prawns – 40.95**

**24 x Prawns – 51.95**

**COD** 

Traditional Cod prepared in our unique Truro sauce.

**11.49**



Starters



Vegetarian



Medium



Hot

# the CHICKEN

## SIGNATURE MAPUTO CHICKEN

Our baby chickens are marinated in a fusion of Indo African spices and grilled to perfection. Choose between zesty lemon butter or spicy peri-peri glaze. Served with a lemon wedge and your choice of chips or rice.

**1/4 Chicken – 7.49**

**1/2 Chicken – 10.95**

**Full Chicken – 14.95**

**2x Breast Fillet – 8.49**

## SIGNATURE JOZI CHICKEN

This baby chicken is marinated in our mild Indo African spice and grilled to perfection. Choose between zesty lemon butter or spicy peri-peri glaze. Served with a lemon wedge and your choice of chips or rice.

**1/4 Chicken – 7.49**

**1/2 Chicken – 10.95**

**Full Chicken – 14.95**

**2x Breast Fillet – 8.49**



Starters



Vegetarian



Medium



Hot

# the SIGNATURE PLATTERS

## PLATTER FOR 1

6 Prawns, quarter chicken. Your choice of lemon butter or peri peri, served on a bed of rice.

**19.95**

## PLATTER FOR 2

12 Prawns, half a chicken. Your choice of lemon butter or peri peri, served on a bed of rice.

**36.95**

## MIXED GRILL

6 Baby lamb chops, 8 Beira chicken wings and half a chicken. Your choice of lemon butter or peri peri, served on a bed of chips or rice.

**45.95**

## SEAFOOD MIX

12 Prawns, 2 portions calamari, 2 portions of Cod. Your choice of lemon butter or peri peri, served on a bed of rice.

**59.95**

## FULL CHICKEN AND PRAWNS

24 prawns, grilled whole chicken. Your choice of lemon butter or peri peri, served on a bed of rice.

**64.95**



Starters



Vegetarian



Medium



Hot

# the SIGNATURE BURGERS

## JUICY CHICKEN BURGER

A juicy chicken fillet with cheese, lettuce, tomato and your choice of lemon butter or peri-peri sauce. Served with chips.

8.49

## SMASH BEEF BURGER

Smash beef patty, crispy lettuce, red onion and tomato, topped with cheese. Served with chips.

9.49

## THE TRURO ROYALE

Savour the perfection of our homemade Truro Royale. Double beef patties, crispy lettuce, red onion and tomato, topped with two slices of cheese. Served with chips.

11.49

## TRURO VEGGIE BURGER

Savor the rich blend of Indo-African flavors with our Veggie Burger. Served with chips.

6.95



Starters



Vegetarian



Medium



Hot

# the STREET FOOD

Experience the vibrant flavours of South African street food from our special sandwiches to our vegetarian Beans. Crafted to perfection, these delicacies are a taste of South Africa,

---

**CHEFS RECOMMENDATION: LOAD IT WITH CHIPS & CHEESE +1.50**

---

## TOASTED STEAK

Our mouthwatering homemade steak toasty, featuring succulent steak with a unique blend of sauces.

**6.49**

## TOASTED CHICKEN MAYO

Experience the perfection of our homemade chicken and mayo toasty, with tender shredded chicken and creamy mayonnaise.

**4.95**

## TOASTED CHEESE AND TOMATO

Embrace simplicity with our classic cheese and tomato toasty. Savour the goodness of melted cheddar cheese paired with sliced tomatoes.

**3.95**

## TOASTED CHICKEN FILLET

Indulge in our chicken fillet toasty: succulent grilled chicken, crispy lettuce, juicy tomato, and fresh red onion, all generously dressed with creamy mayonnaise.

**5.95**

## CHICKEN WRAP

Savour our signature grilled chicken wrap, a burst of flavours featuring tender grilled chicken, crispy lettuce, juicy tomatoes, cucumber and red onion with our home-made coriander sauce.

**6.95**

## DAGWOOD

Savour the South African Dagwood sandwich – a delightful tower of toasted goodness. Enjoy layers of cheese, chips, fried egg, a homemade beef patty and our special spice blend.

**8.49**



Starters



Vegetarian



Medium



Hot



# the DURBAN SPECIALS

## QUEENS BEANS

Savour the symphony of buttery beans, simmered in a rich curry, where every bite is a burst of spice. Served with your choice of roti or rice.

5.95

## QUEEN BEANS BUNNY

Savour the fusion of Indian and South African flavours in our iconic Bunny Chow – a hollowed out loaf filled with aromatic curry.

7.59

## PRAWN CURRY

Indulge in the flavours of South African coastal cuisine with our succulent Prawn Curry, celebrating the fusion of Indian spices and local ingredients and served with a bowl of savoury rice.

11.95



Starters



Vegetarian



Medium



Hot

# the SIDES

## CHIPS

2.95

## PERI CHIPS

3.49

## SWEET POTATO CHIPS

3.49

## SAVOURY RICE

3.95

## TRURO ROLLS

0.95

## SAUCES

Lemon butter or peri-peri

0.49

# the KIDS

for ages 12 kids and below

## CHICKEN STRIPS

Tender chicken strips with a classic lemon butter glaze. Kids' drink included (water or fruitshoot)

6.49

## 4 PRAWNS

Saucy lemon butter prawns, served with chips.  
Kids' drink included (water or fruitshoot)

9.95



Starters



Vegetarian



Medium



Hot

# the DESSERT

## ICED-CREAM NUT CAKE

A decadent vanilla iced-cream nut cake, served with a rich Bar-One chocolate sauce.

8.95

## MALVA PUDDING

Traditional South African pudding served with custard or ice cream. A beloved dessert, typically served at family gatherings.

4.95

## LOTUS BISCOFF CHEESECAKE

6.95

## CLASSIC ICE CREAM

Creamy vanilla soft serve ice cream, served with home-made chocolate sauce.

2.49

## MOCHI ICE CREAM

A choice of 3 sweet rice dough balls, filled with:

Passionfruit & Mango 

Belgian Chocolate & Hazelnut 

Yuzu & Lemon 

Pistachio

Coconut

Strawberries & Cream

Vanilla

4.95



Starters



Vegetarian



Medium



Hot

# the DRINKS

## MOCKTAILS

CLASSIC MOJITO	5.49
STRAWBERRY MOJITO	5.95
PASSION MOJITO	5.95
LYCHEE MOJITO	5.95
MANGO MOJITO	5.95
BLUE LAGOON MOJITO	5.95
TRURO TREASURE	5.95
MOJITO JUG	24.95

1 jug = 5 cups

## MILKSHAKES

FERRERO ROCHER	6.49
KINDER BUENO	6.49
OREO	6.49
COFFEE	6.49

## JUICES

APPLE	2.50
MANGO	2.50
TROPICAL	2.50
PASSION FRUIT	2.50
ORANGE	2.50
ORANGE FRUITSHOOT	1.50
APPLE & BLACKFRUIT FRUITSHOOT	1.50

## SOFT DRINKS

SMALL/LARGE STILL WATER	2.50/4.00
SMALL/LARGE SPARKLING WATER	2.50/4.00
COKE	3.00
COKE ZERO	3.00
SPRITE	3.00
FANTA ORANGE	3.00
J20 APPLE & RASPBERRY	3.00
J20 ORANGE & PASSIONFRUIT	3.00
J20 MANGO & APPLE	3.00

## HOT DRINKS

ESPRESSO	2.50
DOUBLE ESPRESSO	3.50
AMERICANO	4.00
CAPPUCCINO	4.00
LATTE	4.00
FLAT WHITE	4.50
MOCHA	4.50
ENGLISH BREAKFAST TEA	3.00
MINT TEA	2.50
BLACK MINT TEA	2.50

Revitalize your senses with our exquisite selection of 100% non-alcoholic beverages

# TRURO

INDO AFRICAN INSPIRED CUISINE

All items are certified Halal (HMC)

Items on this menu may contain nuts, eggs, shellfish and other allergens. Please inquire with our staff if you have any dietary restrictions or need allergen information.

Make sure to inform the staff if you have any dietary restrictions or allergies.

Please note that the menu is subject to change and the above prices include VAT.



[WWW.THETRURO.CO.UK](http://WWW.THETRURO.CO.UK) | [INFO@THETRURO.CO.UK](mailto:INFO@THETRURO.CO.UK)