

the TRURO

INDO AFRICAN INSPIRED CUISINE

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 sauce.

£9.49

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.

£8.49

CHEESY GARLIC ROLL

Indulge in our home-made garlic roll.

£4.95

BEIRA WINGS

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

£5.95

BRAAI CHOPS

4 baby lamb chops, char-grilled to a perfect well-done.
Each chop is seasoned with our exclusive Truro spice blend.

£14.95



Vegetarian



Medium



Hot

the SALAD

THE PEAR SALAD

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

£5.95 Single / £13.95 Family

THE GREEK SALAD

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

£4.95 Single / £12.95 Family

THE CRUNCHY PECAN & PINE SALAD

A burst of flavours within this asian chopped salad. Loaded with a medley of fresh and crispy vegetables, topped with feta cheese, pineapple and pecans with a drizzle of our unique spicy salad cream dressing.

£6.95 Single / £14.95 Family



Vegetarian



Medium



Hot

the SEAFOOD

LARGE MOZAMBIKAN GRILLED PRAWNS

Individually hand-cleaned and butterflied, our prawns serve as a canvas for the vibrant flavours of traditional Mozambican and African spices. Enhance your experience with our chef-recommended glazes - select from our signature lemon butter or peri-peri sauce, served with your choice of chips or a bed of rice.

6 x Prawns - £14.95

12 x Prawns - £27.95

18 x Prawns - £41.95

24 x Prawns - £54.95

COD

Traditional Cod prepared in our unique Truro sauce. Served with your choice of chips or rice.

£12.49

PRAWN CURRY

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

£11.95



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 - £8.49

1/2 Chicken - £12.49

Full Chicken - £16.49

2x Breast Fillet - £10.49

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 - £8.49

1/2 Chicken - £12.49

Full Chicken - £16.49

2x Breast Fillet - £10.49



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.

£38.95

MIXED GRILL

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

£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.

£64.95

FULL CHICKEN AND PRAWN

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

£68.95



Vegetarian



Medium



Hot

the SIGNATURE BURGERS

JUICY CHICKEN BURGER

Savour a flavourful chicken fillet burger paired with fresh lettuce, tomato, and onion, perfectly complemented by melted cheese. Served with a side of chips.

£8.95

SMASH BEEF BURGER

Delight in our mouthwatering smash beef patty burger, paired with fresh lettuce, red onion, and tomato, all crowned with melted cheese. Accompanied by a side of chips.

£9.95

THE TRURO ROYALE

Indulge in double the delight with our succulent double beef patties, layered with crisp lettuce, red onion, and tomato, generously topped with two slices of melted cheese. Served with a side of chips.

£12.95



Vegetarian



Medium



Hot

the STREET FOOD

CHEF'S RECOMMENDATION: LOAD IT WITH CHIPS AND CHEESE +1.50

TOASTED STEAK

Our delectable homemade steak toasty, showcasing tender steak paired with a distinctive blend of sauces that will tantalise your taste buds.

£6.95

TOASTED CHICKEN MAYO

Enjoy our comforting homemade chicken and mayo toasty, filled with tender shredded chicken and creamy mayonnaise.

£5.95

TOASTED CHICKEN FILLET

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

£6.95

TOASTED CHEESE & TOMATO

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

£3.95

CHICKEN WRAP

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

£7.95

THE DAGWOOD

Experience a savoury tower of delight with our toasted masterpiece. Delight in layers of succulent steak, melted cheese, crispy chips, a fried egg, a homemade beef patty, all seasoned with our special spice blend for an unforgettable taste sensation.

£12.49



Vegetarian



Medium



Hot

the VEGGIE VOYAGE

Queen Beans

Indulge in the harmony of buttery beans, slow-simmered in a flavourful curry, creating a symphony of spices with every mouthful. Accompanied by a hot roti bread.

£6.49

Queen Beans Bunny

Experience the fusion of Indian and South African flavours with our iconic Bunny Chow – a hearty hollowed-out loaf brimming with aromatic curry, a true culinary delight.

£7.95

BOMBAY ALOO

Embrace comfort with our lovingly crafted potato toasty, featuring soft baby potatoes infused with masala spices and a vibrant homemade herb chutney. Served alongside a side of chips.

£6.49

TRURO VEGGIE BURGER

Treat yourself to our chef's special homemade veggie burger, crafted from a medley of favourite vegetables and delicately fried with a light breadcrumb coating. Accompanied by a side of chips.

£6.95



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the SIDES

CHIPS
£3.49

SAVOURY RICE
£4.95

PERI CHIPS
£3.95

TRURO ROLLS
£1.49

SWEET POTATO CHIPS
£4.49

SAUCES
Lemon Butter or Peri-Peri
£0.49

the KIDS

For Ages 12 And Under

CHICKEN STRIPS

Tender chicken strips with a classic lemon butter glaze, served with chips. Kids' fruitshoot drink or classic ice cream included.

£6.49

4 PRAWNS

Saucy lemon butter prawns, served with chips. Kids' fruitshoot drink or classic ice cream included.

£9.95



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the DESSERTS

ICED-CREAM NUT CAKE

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

£8.95

MALVA PUDDING

Our authentic Malva Pudding, a beloved South African classic, accompanied by a drizzle of custard. Served with ice cream.

£6.95

Extra custard +£0.49

LOTUS BISCOFF CHEESECAKE

A biscoff cheesecake delicacy, drizzled with lotus sauce and served with ice cream.

£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 🍷

Pistachio

Belgian Chocolate & Hazelnut 🍷

Strawberries & Cream

Yuzu & Lemon 🍷

Vanilla

£4.95



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the DRINKS

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

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 Zero	£3.00
Fanta Orange	£3.00
J20 Apple & Raspberry	£3.00
J20 Orange & Passionfruit	£3.00
J20 Mango & Apple	£3.00

MOCKTAILS

Classic Mojito	£5.95
Strawberry Mojito	£6.49
Passion Mojito	£6.49
Lychee Mojito	£6.49
Mango Mojito	£6.49
Blue Lagoon Mojito	£6.49
Truro Treasure	£6.49
Mojito Jug	£24.95

MIXOLOGY

Mango Daquiri	£7.49
Strawberry Daquiri	£7.49

MILKSHAKES

Ferrero Rocher	£6.95
Kinder Bueno	£6.95
Oreo	£6.95
Coffee	£6.95

JUICES

Apple	£2.50
Orange	£2.50
Tropical	£2.50
Passionfruit	£2.50
Mango	£2.50
Pineapple	£2.50

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	£3.00
Black Mint Tea	£3.00



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the
TRURO
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THREE GENERATIONS, TWO CONTINENTS, ONE PLATE

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.

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