

Welcome to The Truro

Our food is freshly made with pride and love everyday. We use the best ingredients we can find. Our closely guarded recipes and unique spice blends have been refined and handed down through generations.

We're proud of our food and want you to enjoy it, we think it's best enjoyed when shared with friends and family.

If you have any questions, please ask your waiter.

STARTERS

GRILLED CAPE CALAMARI

Calamari rings served in a blend of our signature sauces.

£9.49

GRILLED HALLOUMI

Grilled halloumi served with a sweet chilli sauce.

£5.95

CHICKEN LIVERS

Spicy chicken livers served with our home-made spicy liver sauce. Served with a Truro roll.

£8.49

CHEESY GARLIC ROLL

Home-made garlic sauce on a Truro roll with cheese.

£4.95

BEIRA WINGS

6 chicken wings marinated in Mozambican spices and served in a blend of our signature sauces.

£5.95

BRAAI CHOPS

5 char-grilled baby lamb chops. Seasoned with our exclusive Truro spice blend. Served well-done.

£13.95

SALADS

PEAR SALAD

Caramelised pear, roasted sweet almonds, avocado (seasonal) and fresh mixed greens with a drizzle of our home-made honey mustard dressing.

£5.95 Single / £13.95 Family

GREEK SALAD

Fresh lettuce, tomatoes, cucumber, olives and feta cheese with our home-made greek dressing.

£4.95 Single / £12.95 Family

CRUNCHY PECAN & PINE SALAD

Crispy vegetables topped with feta cheese, pineapple and pecans with our home-made mustard and salad cream dressing.

£6.95 Single / £14.95 Family

CHICKEN

Our chickens are marinated, roasted then grilled to order and served with of chips or rice. Choose between our homemade sauces, rich lemon butter or spicy peri-peri.

SIGNATURE MAPUTO CHICKEN

Spicy Mozambican marinade.

1/4 Chicken - £8.49

1/2 Chicken - £12.49

Full Chicken - £16.49

2x Breast Fillet - £10.49

SIGNATURE JOZI CHICKEN

Mild Tikka marinade.

1/4 Chicken - £8.49

1/2 Chicken - £12.49

Full Chicken - £16.49

2x Breast Fillet - £10.49

SIGNATURE PLATTERS

These platters are what we are known for and are perfect for sharing. Freshly prepared and cooked to order on our grill, they are served with rice. Choose between our homemade sauces, rich lemon butter or spicy peri-peri.

PLATTER FOR 1

6 Prawns, quarter chicken

£19.95

PLATTER FOR 2

12 Prawns, half a chicken

£38.95

SEAFOOD MIX

12 Prawns, 2 portions Calamari, 2 portions of Cod

£64.95

FULL CHICKEN & PRAWN

24 prawns, grilled whole chicken.

£69.95

MIXED GRILL

6 Baby lamb chops, 8 Beira chicken wings and a half chicken - *The Mixed Grill is served with chips, not rice.*

£45.95

SEAFOOD

LARGE MOZAMBIKAN GRILLED PRAWNS

Individually hand-cleaned and butterflied grilled prawns, marinated in a subtle blend of spices. Served on a bed of rice or with chips and covered with a choice of our signature sauces, rich lemon butter or spicy peri-peri.

6 x Prawns £14.95

12 x Prawns £27.95

18 x Prawns £41.95

24 x Prawns £54.95

COD

Traditional Cod. Served with our signature sauces, rich lemon butter or spicy peri-peri. With chips or rice.

£12.49

SHRIMP CURRY

Spicy Durban Shrimp Curry, served with savoury rice.

£12.95

SIGNATURE BURGERS

SMASH BEEF BURGER

Made in-house with signature spices. Fresh lettuce, tomato, onion, melted cheese and burger sauce. Served with a side of chips.

£9.95

THE TRURO ROYALE

Made in-house with signature spices. Double burger, with fresh lettuce, tomato, onion, double melted cheese and burger sauce. Served with chips.

£12.95

JUICY CHICKEN BURGER

Fresh lettuce, tomato, onion, mayo and melted cheese. Served with a side of chips.

£8.95

THE TRURO VEGGIE BURGER

Delicately fried with a light breadcrumb coating. Fresh lettuce, tomato, mayo and onion. Served with a side of chips.

£6.95

SIDES

Chips £3.49

Peri Chips £3.95

Sweet Potato Chips £4.49

Savoury Rice £4.95

Lemon Butter Sauce £0.49

Peri-Peri Sauce £0.49

Truro Rolls £1.49

Roti £0.95

KIDS

CHICKEN STRIPS

Lemon butter glazed chicken, 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

STREET FOOD

LOAD IT WITH CHIPS AND CHEESE £1.50

Our toasted sandwiches are a South African lunch staple. White bread, with a generous filling and our signature Indo-African spices and flavours. Once filled, the sandwich is toasted on our grill and served hot.

TOASTED STEAK

Tender pulled steak with distinctive blend of sauces.

£6.95

TOASTED CHICKEN MAYO

Shredded chicken and creamy mayo.

£5.95

TOASTED CHICKEN FILLET

Crispy lettuce, tomato, red onion and mayo.

£6.95

TOASTED CHEESE & TOMATO

Classic cheese and tomato toasty.

£3.95

CHICKEN WRAP

Crispy lettuce, tomatoes, cucumber and red onion with our home-made coriander sauce. Served in a Roti.

£7.95

THE DAGWOOD

Steak, melted cheese, crispy chips, fried egg, homemade beef patty.

£12.49

VEGETARIAN

QUEEN BEANS

Durban Indian butter bean spicy curry. Served with roti.

£6.49

QUEEN BEANS BUNNY

Our take on the iconic Bunny Chow – Queen Beans curry in a hearty hollowed-out Truro roll.

£7.95

BOMBAY ALOO

Our take on the iconic Hajee Ali sandwich. Cheese and masala spiced, mashed potato toasty. Served with chips.

£6.49

DESSERTS

Our deeply indulgent desserts are a mix familiar classics with new twists. All are freshly made by our chef.

ICED-CREAM NUT CAKE

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

£8.95

LOTUS BISCOFF CHEESECAKE

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

£6.95

MALVA PUDDING

Our authentic Malva Pudding, a South African classic served with a drizzle of custard and ice cream.

£6.95 (Extra custard + £0.49)

CLASSIC ICE CREAM

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

£2.49

MOCHI ICE CREAM

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

Passion fruit & Mango ☺
Belgian Chocolate & Hazelnut ☺

Yuzu & Lemon ☺
Pistachio ☺

Strawberries & Cream
Vanilla

£4.95

DRINKS

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 & Passion fruit	£3.00
J20 Mango & Apple	£3.00

MILKSHAKES

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

NON-ALCOHOLIC 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

JUICES

Apple	£2.50
Orange	£2.50
Tropical	£2.50
Passion fruit	£2.50
Mango	£2.50
Pineapple	£2.50

NON-ALCOHOLIC MIXOLOGY

Mango Daquiri	£6.95
Strawberry Daquiri	£6.95

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

the
TRURO

THREE GENERATIONS, TWO CONTINENTS, ONE PLATE

In 1860, a ship called The Truro embarked on an epic voyage from Madras headed for Port Natal. An enthusiastic group of South Asians emerged onto the unfamiliar shores of South Africa and a vibrant and enduring community was born.

Our restaurant is a living tribute to the cultural richness of those early pioneers and their legacy. It is a celebration of Indo African tastes; combining flavours from South Asia and South Africa.



BE PART OF OUR JOURNEY

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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.