

Terrace Bar and Café

Welcome to the Dolphin Square Terrace Bar and Café.

This is more than just a café or bar,
it's your community space.

Designed as a vibrant social hub for residents, members, and the local neighbourhood, it's a place to connect, unwind, and enjoy.

Whether you're here to catch up with friends, host a community event, grab a healthy post-gym snack, or relax with a glass of wine and a few small plates, our space is yours to use however you need, socially, casually, or productively.

We believe great food tells a great story. That's why we proudly work with passionate local producers who care about quality, sustainability, and flavour as much as we do.

From British farms to artisan bakeries and independent roasters, we serve real food with real stories, served daily at Dolphin Square.

Our Menu

We offer a wide selection of drinks, snacks, breakfast bites, sandwiches, and salads available to eat in or take away.

Our all-day menu also features open and deli-style sandwiches, vibrant salad bowls, and savoury treats.

Enjoy our curated selection of warm sharing plates perfect for winding down with a glass of wine or a cocktail and catching up with friends.

Prices and menu availability are subject to change.

Breakfast Sandwiches 5.00

(Hot or Cold)

Ham and Cheese Croque Monsieur

Breakfast Bacon Roll

Breakfast Sausage Roll

Cheese and Mushroom Croque Monsieur (V)

Pots 4.00

Yogurt, Honey and Granola (V)

Bircher Muesli, Mixed Fruit and
Shaved Coconut (V)

Chia Pudding, Mango and Blueberries (V)

Deli Style Baguettes 6.00

Made Fresh Onsite Daily, Served in Sourdough Baguettes

Ham Cuban, Swiss & Chimichurri Mayo

Gammon, Emmental cheese, pickle, Dijon mustard &
chimichurri mayo on stonebaked sourdough

Tuna Niçoise

Tuna mayo, egg, tomato, capers, black olives & mixed
leaves on stonebaked sourdough

Mature Cheddar, Chutney & Mustard Cress (V)

Mature Cheddar, tomato, lettuce, caramelised onion chutney
& mayo on stonebaked sourdough

Grilled Sandwich 7.50

Mexican Spiced Chicken

Seasoned chicken, avocado, tomato, fajita mayo & lime on
toasted white sourdough bloomer

Roasted Pepper, Courgette & Goat's Cheese (V)

Grilled courgette, roasted peppers & creamy goat's cheese
on toasted white sourdough bloomer

Falafel, Hummus & Pickled Red Onion (V)

Falafel, tomato, pickled red onion, hummus & tahini yoghurt
on toasted white sourdough bloomer

For allergens, please ask your server.

(V) Vegetarian (VE) Vegan (GF) Gluten Free

Soup	4.95
Cream of Leek and Spring Green	
Mushroom and Tarragon	

Salad Pots	6.00
The Green Bowl (VE)	
Avocado, cucumber, celery, baby spinach, spring onion, edamame beans, pumpkin seeds, mixed leaf and vegan pesto.	
The Red Bowl (VE)	
Pickled beetroot, tomatoes, radish, roasted sweet potato, red cabbage, watermelon, sunflower seeds, red onion and tomato dressing.	
The Mixed Bowl (VE)	
Mixed leaf, cucumber, cherry tomato, radish, grated carrot, shredded cabbage, red onion, pumpkin seeds and vinaigrette.	

Savouries and Small Plates

Spinach and Feta Filo Pastry Roll	3.50
Garlic Cheese Pide	4.50
Quiche Lorraine	6.00
Sausage and Apple Roll With Chutney	6.00

Cakes and Bakes

Croissant	3.00
Almond Croissant	4.00
Pain Au Raisin	3.50
Pain Au Chocolat	3.50
Seasonal Danish	3.70
Muffins	3.00
Cookies	3.00
Traybakes	3.00
Banana Bread (VE)	4.00

We also have an extended grab and go range, see display or ask your host for more information.

Coffee

	Reg	Large
Americano	3.50	3.80
Caffè latte	3.50	4.00
Cappuccino	3.50	4.00
Flat White	3.80	
Hot Chocolate	4.00	4.55
Mocha	4.00	4.55
Matcha	3.80	
Iced Matcha	4.15	
Iced Latte	4.15	
Iced Americano	3.80	
Iced Chocolate	4.25	
Macchiato (Single shot)	3.20	
Macchiato (Double shot)	3.60	
Long Black	3.50	
Espresso (Single shot)	3.00	
Espresso (Double shot)	3.40	
Milk alternatives: Soya, Almond, Coconut & Oat		Free
Shot of syrup:		0.75
Caramel, Hazelnut, Vanilla, Chai.		
Sugar-free:		0.75
Caramel and Vanilla		

Tea By Tregothnan Estate

(Britain’s first homegrown tea hand-picked in Cornwall)

English Breakfast	3.10
Earl Grey	3.10
Green Tea	3.10
Peppermint	3.10
Red Berry	3.10
Lemon Verbena	3.10

Soft Drinks Served all day

Belu Still/Sparkling Water	1.50
Diet Coke Can / Coca-Cola Zero Sugar	1.85
Fanta	1.85
7Up	1.85
Juices (Orange, Apple, Cranberry)	1.85
Coca-cola Original Taste	1.95
Sanpellegrino (Assorted flavours)	1.95
Fever-tree Soda Water	1.95
Fever-Tree (Assorted flavours)	1.95
Heartsease Farm Sparkling Apple & Rhubarb	2.20
Nurture Brands Jax Coco Coconut Water	2.50
Huel Daily A-Z Vitamin Drink (Assorted flavours)	2.50
Charitea (Assorted flavours)	3.00
Barebells Protein Milkshakes (Assorted flavours)	3.25
Moju Ginger Shot	3.50
Flawsome! Cold Pressed Juice Bottle (Assorted flavours)	3.50
Flawsome! Gut Health Shot (60ml) (Assorted flavours)	3.50
Innocent Smoothies	4.00

Wine

Sparkling

	125ml	Bottle	Takeaway
Santo D'Oro Prosecco (Italy)	6.00	30.00	22.00
Ma Maison Blanquette de Limoux Brut (France)	7.50	40.00	28.00
Crémant d'Alsace Rosé, NV (France)	7.50	40.00	28.00
Domaine Amirault Crémant de Loire Brut (France)	10.50	50.00	35.00
Knightor English Sparkling Wine (England)	12.50	70.00	50.00

Rosé

	125ml	170ml	Bottle	Takeaway
Cantina Borga Raboso Rosé (Italy)	6.00	8.00	30.00	22.00
La Belle Éternelle Rosé Languedoc (France)	6.50	8.50	32.00	22.50

White

	125ml	170ml	Bottle	Takeaway
Bodegas de Alberto Sauvignon Blanc 2023 (Spain)	4.50	6.00	22.00	18.00
Helenental Kellerei Hallodri Grüner Veltliner 2023 (Austria)	5.50	7.00	26.00	20.00
Portenova Pinot Grigio, Veneto (Italy)	5.50	7.50	28.00	20.00
Impressionist – The Wattle Chardonnay (Australia)	5.50	7.50	28.00	20.00
Vini Consiglio Grillo 2023 (Italy)	6.50	8.50	32.00	26.00

Red

	125ml	170ml	Bottle	Takeaway
Cantine Borga Piave DOC Malbec 2023 (Treviso, Italy)	4.00	6.00	22.00	17.00
Hamilton Heights Shiraz (Australia)	6.50	8.50	29.50	20.50
Fleurs de Terre Cabernet–Merlot (France)	6.50	8.50	29.50	20.50
L’Amandine “Mistral” Côtes du Rhône (France)	7.50	10.50	37.50	26.00
Vini Consiglio Nero d’Avola 2022 (Italy)	6.00	8.00	30.00	21.50
Château Monbrison M de Monbrison Bordeaux Rouge 2016 (France)	8.00	11.00	42.00	29.00
Vinyes Ocults Cot Malbec 2023 (Argentina)	9.00	12.00	46.00	30.00
Plaisir Wine Estate Cabernet Sauvignon 2019 (South Africa)			52.00	40.00

Beer

Peroni Nastro Azzurro, 330ml ^{5%}	5.50
Leffe Blonde, 330ml ^{6%}	6.00
Asahi Super Dry Lager, 330ml ^{5%}	5.50
BrewDog Hazy Jane IPA, 330ml ^{5%}	5.50
BrewDog Punk IPA, 330ml ^{5.4%}	5.50
Peroni Nastro Azzurro, 330ml ^{0.0%}	4.50

Cocktails

13.00

French 75

Gin, lemon, sugar syrup, topped with prosecco, served in a champagne flute

Negroni

Equal parts gin, Campari and sweet vermouth, served over ice with an orange slice

Espresso Martini

Vodka, Kahlúa, espresso and sugar syrup, shaken and served in a martini glass

Cosmopolitan

Vodka, Cointreau, cranberry juice, sugar syrup and lime, shaken and served in a martini glass

Old Fashioned

Bourbon, Angostura bitters and sugar, stirred and served over ice

Aperol Spritz

Aperol, soda water, topped with prosecco, served over ice with an orange slice

Mocktails

8.00

Virgin Mojito

Apple juice, lime juice, fresh mint, brown sugar, soda water served over ice

Aperitifs, Liqueurs and Fortified Wines

Martini Rosso ^{15%}	3.00	5.00
Martini Bianco ^{15%}	3.00	5.00
Kahlúa ^{16%}	4.00	7.00
Cointreau ^{40%}	4.00	7.00
Aperol ^{11%}	4.00	7.00
Campari ^{25%}	4.00	7.00

Vodka

	25ml	50ml
Stolichnaya ^{40%}	4.00	7.00
Connie Glaze Vodka ^{40%}	4.00	7.00
Black Cow Vodka ^{40%}	4.00	7.00

Gin

	25ml	50ml
Beefeater Gin ^{40%}	4.00	7.00
Sipsmith Sloe Gin ^{29%}	5.50	10.00
Silent Pool Gin ^{43%}	6.00	11.00

Rum

	25ml	50ml
Havana Club Rum 3 year old ^{37.5%}	4.00	7.00
Diplomatico Reserva Exclusiva ^{40%}	5.50	10.00
Appleton Estate Signature Blend Rum ^{40%}	6.00	11.00

Tequila

	25ml	50ml
Espolon Blanco ^{40%}	5.00	9.00
Patron Reposado Tequila ^{40%}	6.00	11.00

Whiskey and Scotch

	25ml	50ml
Famous Grouse ^{40%}	4.00	7.00
Jim Beam ^{40%}	4.00	7.00
Woodford Reserve ^{43.2%}	5.00	9.00
Glenmorangie 10 year old ^{40%}	6.00	11.00
Laphroaig 10 year old ^{40%}	6.00	11.00
Hibiki Japanese Harmony ^{43%}	9.50	18.00