

Monday

Nibbles

Mixed bread rolls and butter	£3.00
Warm focaccia bread with olive oil and balsamic vinegar	£3.50
Antipasti – sweet peppers, cornichons, Khalkidhiki and Kalamata olives with garlic cloves	£4.25
Marinated olives	£3.50
Hummus and pitta bread	£4.50
add pesto or harissa topping	

Starters

Roasted sweet potato, parsley and celeriac soup	£5.00
Crispy Squid green peppercorn and chilli dressing	£6.00
Toasted sourdough loaf topped with peas, asparagus and spring onion served with honey lemon dressing	£5.50
Cajun chicken with chilli, lime and mango salsa rocket and radish	£6.00
Prawns with baby gem salad marie rose sauce, tomato, cucumber and granary bread	£6.00

Kids Menu

Starters

Chicken goujons with cucumber, tomato and mayonnaise	£4.00
Mozzarella sticks with tomato salsa	£4.00

Mains

Spaghetti Bolognese and garlic butter doughballs	£6.00
Cauliflower, broccoli and butternut squash cheesy gnocchi bake	£6.00
Tempura battered haddock peas and fries	£6.00
Beef burger fries and ketchup (add cheese)	£6.00

Monday

Mains

Sweet potato, spinach and chickpea curry with kachumber salsa and a poppadom	£12.50
Pan fried duck breast roasted chicory, dauphinoise potatoes, prune jus and baby carrots	£14.00
Grilled Cornish sea bream fillets with pilaf rice, pak choi, tomato and ginger chutney	£14.00
Cajun chicken salad with roasted garlic and harissa chickpeas, summer vegetables, citrus bulgur wheat with a balsamic glaze	£11.50
Tempura battered haddock served with macho peas, crushed with chilli, garlic and mint, served with chips and tartar sauce	£13.00
Angus burger (6oz) with cheddar cheese, bacon, baby gem salad and BBQ sauce	£13.50
Pork Belly burger with blue cheese and apple cider chutney	£13.50
Cajun chicken breast burger with baby gem salad and piri piri sauce	£13.00
Spicy bean vegetable burger with tomato chutney	£12.50

All burgers are served in a brioche bun with chunky chips or wedges and coleslaw

Steaks

8oz Sirloin with tomato, flat mushroom, chunky chips and onion rings	£18.00
8oz Rib Eye with tomato, flat mushroom, chunky chips and onion rings	£18.00

Choose either a peppercorn or chimichurri sauce

Surf and Turf add a king prawn and chorizo skewer to your steak	£22.00
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Sides

Chips	£3.00
Cheesy chips	£4.50
Baby Leaf salad	£3.50
Spiced wedges	£4.00
Bravas wedges (spiced wedges topped with spicy tomato sauce and garlic aioli)	£4.50

*Please ask your
waiter for our
daily specials*

Tuesday

Nibbles

Mixed bread rolls and butter	£3.00
Warm focaccia bread with olive oil and balsamic vinegar	£3.50
Antipasti – sweet peppers, cornichons, Khalkidhiki and Kalamata olives with garlic cloves	£4.25
Marinated olives	£3.50
Hummus and pitta bread	£4.50
add pesto or harissa topping	

Starters

Mushroom and thyme soup with parmesan croutons	£ 5.00
Piri Piri chicken wings with apple coleslaw	£6.00
Feta and melon with pomegranate, strawberries, balsamic glaze and micro cress	£5.50
Potted smoked mackerel pate with toasted sourdough and watercress salad	£6.00
Prawns with baby gem salad marie rose sauce, tomato, cucumber and granary bread	£6.00

Kids Menu

Starters

Scampi bites with iceberg and mayonnaise	£4.00
Fruit salad grapes, melon, pineapple and strawberries	£4.00

Mains

Roast pork apple sauce, vegetables and croquet potatoes	£6.00
Pea and mushroom carbonara and shaved parmesan	£6.00
Tempura battered haddock peas and fries	£6.00
Beef burger fries and ketchup (add cheese)	£6.00

Tuesday

Mains

Wild mushroom and Cornish blue cheese risotto topped with micro lemon herb and rocket	£12.50
Roasted Cod loin served on buttered leeks and peas with crushed garlic new potatoes and a bacon and korev beer sauce	£14.00
Shin of beef bourguignon celeriac mash, caramelised silver skin onions and green beans	£14.00
Beetroot, goat cheese and candied walnut salad with roasted garlic and harissa chickpeas, summer vegetables, citrus bulgur wheat with a balsamic glaze	£11.50
Tempura battered haddock served with macho peas, crushed with chilli, garlic and mint, served with chips and tartar sauce	£13.00
Angus burger (6oz) with cheddar cheese, bacon, baby gem salad and BBQ sauce	£13.50
Pork Belly burger with blue cheese and apple cider chutney	£13.50
Cajun chicken breast burger with baby gem salad and piri piri sauce	£13.00
Spicy bean vegetable burger with tomato chutney	£12.50

All burgers are served in a brioche bun with chunky chips or wedges and coleslaw

Steaks

8oz Sirloin with tomato, flat mushroom, chunky chips and onion rings	£18.00
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Choose either a peppercorn or chimichurri sauce

Surf and Turf add a king prawn and chorizo skewer to your steak	£22.00
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Baby Leaf salad	£3.50
Spiced wedges	£4.00
Bravas wedges (spiced wedges topped with spicy tomato sauce and garlic aioli)	£4.50

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Wednesday

Nibbles

Mixed bread rolls and butter	£3.00
Warm focaccia bread with olive oil and balsamic vinegar	£3.50
Antipasti – sweet peppers, cornichons, Khalkidhiki and Kalamata olives with garlic cloves	£4.25
Marinated olives	£3.50
Hummus and pitta bread	£4.50
add pesto or harissa topping	

Starters

Roasted butternut squash soup drizzled with lime oil	£ 5.00
Warm Mediterranean salad with braised fennel, pancetta and halloumi croutons	£6.00
Grilled Cornish mackerel with carrot apple and chickpea salad	£6.00
Roasted beetroot salad balsamic glaze, micro chard, crumbled goats cheese and caramelised walnuts	£5.50
Breaded whitebait with a baby leaf salad and tartar sauce	£6.00

Kids Menu

Starters

Chicken goujons with tomato, cucumber and mayonnaise	£4.00
Cucumber, celery, tomato and ham with mayo dip	£4.00

Mains

Traditional Cornish sausages garlic mash, peas and gravy	£6.00
Fusilli pasta with red pepper sauce and garlic bread	£6.00
Tempura battered haddock peas and fries	£6.00
Beef burger fries and ketchup (add cheese)	£6.00

Wednesday

Mains

Pan fried sage gnocchi with cherry tomatoes, spinach and arrabiata sauce topped with ricotta and pea shoots	£12.50
Slow cooked pork shoulder roasted celeriac, black pudding, apple and potato slices served with salsa verde	£14.00
Panko honey glazed salmon on a bed of egg noodles with coriander, lime, soy sauce and pineapple	£14.00
Peppered mackerel salad with roasted garlic and harissa chickpeas, summer vegetables, citrus bulgur wheat with a balsamic glaze	£11.50
Tempura battered haddock served with macho peas, crushed with chilli, garlic and mint, served with chips and tartar sauce	£13.00
Angus burger (6oz) with cheddar cheese, bacon, baby gem salad and BBQ sauce	£13.50
Pork Belly burger with blue cheese and apple cider chutney	£13.50
Cajun chicken breast burger with baby gem salad and piri piri sauce	£13.00
Spicy bean vegetable burger with tomato chutney	£12.50

All burgers are served in a brioche bun with chunky chips or wedges and coleslaw

Steaks

8oz Sirloin with tomato, flat mushroom, chunky chips and onion rings	£18.00
8oz Rib Eye with tomato, flat mushroom, chunky chips and onion rings	£18.00
Choose either a peppercorn or chimichurri sauce	
Surf and Turf add a king prawn and chorizo skewer to your steak	£22.00

Sides

Chips	£3.00	
Cheesy chips	£4.50	
Baby Leaf salad	£3.50	
Spiced wedges	£4.00	
Bravas wedges	£4.50	(spiced wedges topped with spicy tomato sauce and garlic aioli)

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Thursday

Nibbles

Mixed bread rolls and butter	£3.00
Warm focaccia bread with olive oil and balsamic vinegar	£3.50
Antipasti – sweet peppers, cornichons, Khalkidhiki and Kalamata olives with garlic cloves	£4.25
Marinated olives	£3.50
Hummus and pitta bread add pesto or harissa topping	£4.50

Starters

Beetroot Soup with crème fraiche topped with red amaranth	£ 5.00
Lemon, soy and sesame seed chicken served with Vietnamese salad and chilli dressing (contains peanuts)	£6.00
Roasted salmon fillet wrapped in parma ham griddled asparagus and lemon mayonnaise	£6.00
Traditional greek salad tomatoes, cucumber, radish, olives, red onion, feta and baby gem with vinaigrette dressing	£5.50
Prawns with baby gem salad marie rose sauce, tomato, cucumber and granary bread	£6.00

Kids Menu

Starters

Scampi bites with iceberg and mayonnaise	£4.00
Nachos with grated cheese and tomato dip	£4.00

Mains

Beef lasagne served with salad and fries	£6.00
Cheese and onion Cornish pasty with baked beans	£6.00
Tempura battered haddock peas and fries	£6.00
Beef burger fries and ketchup (add cheese)	£6.00

Thursday

Mains

Goats cheese and caramelised red onion quiche with chips, baby leaf salad and pesto	£12.50
6oz rump steak cooked to order rosemary sauté potatoes, sugar snap peas and blue cheese sauce	£14.00
Red thai fishcakes mango and chilli Asian salad with sweet chilli dipping sauce	£14.00
Ham Salad with halloumi croutons roasted garlic and harissa chickpeas, summer vegetables, citrus bulgur wheat with a balsamic glaze	£11.50
Tempura battered haddock served with macho peas, crushed with chilli, garlic and mint, served with chips and tartar sauce	£13.00
Angus burger (6oz) with cheddar cheese, bacon, baby gem salad and BBQ sauce	£13.50
Pork Belly burger with blue cheese and apple cider chutney	£13.50
Cajun chicken breast burger with baby gem salad and piri piri sauce	£13.00
Spicy bean vegetable burger with tomato chutney	£12.50

All burgers are served in a brioche bun with chunky chips or wedges and coleslaw

Steaks

8oz Sirloin with tomato, flat mushroom, chunky chips and onion rings	£18.00
8oz Rib Eye with tomato, flat mushroom, chunky chips and onion rings	£18.00
Choose either a peppercorn or chimichurri sauce	
Surf and Turf add a king prawn and chorizo skewer to your steak	£22.00

Sides

Chips	£3.00
Cheesy chips	£4.50
Baby Leaf salad	£3.50
Spiced wedges	£4.00
Bravas wedges (spiced wedges topped with spicy tomato sauce and garlic aioli)	£4.50

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Friday

Nibbles

Mixed bread rolls and butter	£3.00
Warm focaccia bread with olive oi and balsamic vinegar	£3.50
Antipasti – sweet peppers, cornichons, Khalkidhiki and Kalamata olives with garlic cloves	£4.25
Marinated olives	£3.50
Hummus and pitta bread	£4.50
add pesto or harissa topping	

Starters

Leek, broccoli and stilton soup	£5.00
Grilled Cornish sea bream with roasted red pepper salsa and sour cream	£6.00
Chicken liver parfait melba toast with red onion and sloe gin marmalade	£6.00
Falafels with a moroccan red cabbage and carrot salad with raita dip	£6.50
Prawns with baby gem salad marie rose sauce, tomato, cucumber and granary bread	£6.00

Kids Menu

Starters

Chicken goujons with tomato, cucumber and mayonnaise	£4.00
Cheese and tomato pizza bread	£4.00

Mains

Roast turkey with roast potatoes, vegetables and gravy	£6.00
Macaroni cheese bake topped with parmesan cheese and leaves	£6.00
Tempura battered haddock peas and fries	£6.00
Beef burger fries and ketchup (add cheese)	£6.00

Friday

Mains

Panko breaded fried halloumi poached egg, grilled vegetables, roasted cherry tomatoes, chickpeas and romesco sauce	£12.50
Slow cooked shoulder of lamb tagine citrus bulgur wheat and a raita dressing	£14.00
Grilled Cornish hake fillet tomato, olive and chorizo bean cassoulet, saffron aioli	£14.00
Smoked mackerel salad with roasted garlic and harissa chickpeas, summer vegetables, citrus bulgur wheat with a balsamic glaze	£11.50
Tempura battered haddock served with macho peas, crushed with chilli, garlic and mint, served with chips and tartar sauce	£13.00
Angus burger (6oz) with cheddar cheese, bacon, baby gem salad and BBQ sauce	£13.50
Pork Belly burger with blue cheese and apple cider chutney	£13.50
Cajun chicken breast burger with baby gem salad and piri piri sauce	£13.00
Spicy bean vegetable burger with tomato chutney	£12.50

All burgers are served in a brioche bun with chunky chips or wedges and coleslaw

Steaks

8oz Sirloin with tomato, flat mushroom, chunky chips and onion rings	£18.00
8oz Rib Eye with tomato, flat mushroom, chunky chips and onion rings	£18.00

Choose either a peppercorn or chimichurri sauce

Surf and Turf add a king prawn and chorizo skewer to your steak	£22.00
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Sides

Chips	£3.00
Cheesy chips	£4.50
Baby Leaf salad	£3.50
Spiced wedges	£4.00
Bravas wedges (spiced wedges topped with spicy tomato sauce and garlic aioli)	£4.50

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Saturday

Nibbles

Mixed bread rolls and butter	£3.00
Warm focaccia bread with olive oil and balsamic vinegar	£3.50
Antipasti – sweet peppers, cornichons, Khalkidhiki and Kalamata olives with garlic cloves	£4.25
Marinated olives	£3.50
Hummus and pitta bread	£4.50
add pesto or harissa topping	

Starters

Tomato and basil soup with parmesan croutons	£ 5.00
Pistachio and cranberry ham hock terrine piccalilli, leaves and toasted ciabatta	£6.00
Breaded whitebait tartare sauce and baby leaf salad	£6.00
Sunblush and parmesan Caesar salad with panko breaded poached egg	£6.50
Prawns with baby gem salad marie rose sauce, tomato, cucumber and granary bread	£6.00

Kids Menu

Starters

Scampi bites with iceberg and mayonnaise	£4.00
Fruit salad grapes, melon, pineapple and strawberries	£4.00

Mains

Cottage Pie topped with cheddar, served with greens	£6.00
Penne pasta with tomato sauce and garlic bread	£6.00
Tempura battered haddock peas and fries	£6.00
Beef burger fries and ketchup (add cheese)	£6.00

Saturday

Mains

Vegetarian thai broth glass noodles, chillies and spring vegetables	£12.50
Turkey and pancetta tagliatelle carbonara with shaved parmesan	£14.00
Cornish sea trout fillet served with a caper and fennel risotto, garnished with samphire, radish and red onion	£14.00
Prawn salad with roasted garlic and harissa chickpeas, summer vegetables, citrus bulgur wheat with a balsamic glaze	£11.50
Tempura battered haddock served with macho peas, crushed with chilli, garlic and mint, served with chips and tartar sauce	£13.00
Angus burger (6oz) with cheddar cheese, bacon, baby gem salad and BBQ sauce	£13.50
Pork Belly burger with blue cheese and apple cider chutney	£13.50
Cajun chicken breast burger with baby gem salad and piri piri sauce	£13.00
Spicy bean vegetable burger with tomato chutney	£12.50

All burgers are served in a brioche bun with chunky chips or wedges and coleslaw

Steaks

8oz Sirloin with tomato, flat mushroom, chunky chips and onion rings	£18.00
8oz Rib Eye with tomato, flat mushroom, chunky chips and onion rings	£18.00
Choose either a peppercorn or chimichurri sauce	
Surf and Turf add a king prawn and chorizo skewer to your steak	£22.00

Sides

Chips	£3.00
Cheesy chips	£4.50
Baby Leaf salad	£3.50
Spiced wedges	£4.00
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Sunday

Nibbles

Mixed bread rolls and butter	£3.00
Warm focaccia bread with olive oi and balsamic vinegar	£3.50
Antipasti – sweet peppers, cornichons, Khalkidhiki and Kalamata olives with garlic cloves	£4.25
Marinated olives	£3.50
Hummus and pitta bread	£4.50
add pesto or harissa topping	

Starters

Roasted vegetable soup with croutons	£5.00
Smoked duck breast on a waldorf salad	£6.00
Sautéed creamy garlic mushrooms on bruschetta topped with roasted vine cherry tomatoes	£6.00
Chilli and lime king prawns on baby spinach leaves, avocado and pomegranate served with focaccia bread	£6.50
Prawns with baby gem salad marie rose sauce, tomato, cucumber and granary bread	£6.00

Kids Menu

Starters

Scampi bites with iceberg and mayonnaise	£4.00
Cheesy garlic bread	£4.00

Mains

Roast chicken with roast potatoes, peas, carrots and gravy	£6.00
Vegetable lasagne and wedges	£6.00
Tempura battered haddock peas and fries	£6.00
Beef burger fries and ketchup (add cheese)	£6.00

Sunday

Mains

Mexican five bean chilli lemon, cauliflower and cucumber couscous with lime pickle topped with rocket	£12.50
Basil, sunblush tomato and mozzarella stuffed chicken breast wrapped in parma ham, with pesto croquet potatoes and a garlic cream sauce	£14.00
Fish curry with korma spices basmati rice, mango chutney, red onion salsa served with a poppadum	£14.00
Marinated Feta salad with roasted garlic and harissa chickpeas, summer vegetables, citrus bulgur wheat with a balsamic glaze	£11.50
Tempura battered haddock served with macho peas, crushed with chilli, garlic and mint, served with chips and tartar sauce	£13.00
Angus burger (6oz) with cheddar cheese, bacon, baby gem salad and BBQ sauce	£13.50
Pork Belly burger with blue cheese and apple cider chutney	£13.50
Cajun chicken breast burger with baby gem salad and piri piri sauce	£13.00
Spicy bean vegetable burger with tomato chutney	£12.50

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Choose either a peppercorn or chimichurri sauce	
Surf and Turf add a king prawn and chorizo skewer to your steak	£22.00

Sides

Chips	£3.00
Cheesy chips	£4.50
Baby Leaf salad	£3.50
Spiced wedges	£4.00
Bravas wedges	£4.50
(spiced wedges topped with spicy tomato sauce and garlic aioli)	

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Desserts

White chocolate and raspberry cheesecake	£6.00
Sticky toffee pudding with sea salt caramel sauce	£6.00
Chocolate fondant with Cornish clotted cream and ginger pistachio crumb	£6.00
Lemon Posset with a blueberry compote	£6.00
Crème brûlée with strawberries *	£6.00
Fruit crumble with crème anglaise *	£6.00

**Please ask
your waiter
for our daily
specials*

Ice Cream £6.00

3 scoops of Callestick Farm
Cornish ice cream and wafer

Choose from:

Vanilla
Strawberry
Chocolate
Mint choc chip
Salted Caramel

Add one of the following:

Brownie pieces
Honeycomb crunch
Mini marshmallows
Chocolate sauce
Caramel sauce

Cheese Board 8.00

A selection of cheese served with
celery, grapes, chutney and cheeses
Please ask your waiter for today's selection

Hot Drinks

Liqueur coffee	£5.50
Liqueur hot chocolate (Amaretto, Baileys, Tia Maria, Jamesons)	£5.50
Espresso	£1.70
Americano	£1.90
Latte	£2.80
Flat White	£2.20
Cappuccino	£2.80
Pot of tea	£2.00

Dessert Wine Chateau Belingard Monbazillac
(50ml) 'A luscious blend of Semillon,
Sauvignon and Muscadelle' £3.75

Kids Desserts

Chocolate Brownie and vanilla ice cream	£3.50
Mini doughnuts with chocolate dipping sauce	£3.50
Cheddar, grapes and crackers	£3.50
Melon, strawberries, grapes and pineapple	£3.50
2 scoops of Cornish ice cream & wafer	£4.00

choose from: chocolate, strawberry or vanilla

Build your own Ice Cream Extravaganza

2 scoops of ice cream
Chocolate Sauce
Popping Candy
Hundreds and thousands
Mini marshmallows
£5.50