

Serving Tuesday – Saturday 6pm – 8.30pm

Appetisers

Mixed Spanish Olives £2.50 gf vg  
Gordal Olives £3.50 gf vg  
Homemade salt & pepper crisps & hummus £2.50 gf vg  
Smoked mackerel pate & croutons £3.50

Starters

Sweet potato – coconut – chilli – coriander – lime soup & homemade coconut bread roll £8 vg  
Pan fried soy & sweet chilli glazed squid – Asian salad – sesame – coriander £8  
Beetroot cured salmon – beetroot & horseradish puree – smoked salmon mousse – crouton £9  
Pan fried scallops – chorizo crumb – pea puree – pea shoots – lemon pearls £10

Mains

Goats cheese & sundried tomato stuffed tortellini – homemade pesto – crispy gran Padano £16 v  
Brown crab risotto – lemon – chilli – parsley – parmesan £14 gf  
Pan fried sea bass – new potatoes – lemon butter – brown shrimp – asparagus £POA gf

Chargrilled Steaks

All steaks are served with hand cut chips, oven baked tomato & Caesar salad  
100z Rump M £17  
80z Ribeye MR £21  
80z Fillet R £27

Steak sauces – butter – rubs

Peppercorn sauce £2  
Mushroom & red wine sauce £2 gf  
Blue cheese sauce £2 v  
Soy & sweet chilli sauce £2 v df  
Garlic & herb butter £1 gf  
Peppercorn rub £1 gf  
Rosemary & garlic rub £1 gf  
Chilli & garlic rub £1 gf

gf: gluten free

v: vegetarian

vg: vegan

df: dairy free

Suppliers:

Meat: Harvey Brothers Butchers (Just up the road!) & Creedy carver  
Fish & Shellfish: Celtic fish & game (St. Ives) & various independent fishermen  
Fruit & vegetables: Westcountry fruit sales (Falmouth)  
Dairy: Mounts Bay Dairy (Crowlas)  
Dry & other goods: Forest Produce (Exeter) Penwithian (Penzance)  
Wines & Soft Drinks: LWC (Redruth) Polgoon (Penzance)