

*Please note this is a summer sample menu, seasonal changes may occur*

Appetisers

*Mixed Spanish Olives £3 vg gf*  
*Gordal Olives £3.50 vg gf*  
*Homemade salt & pepper crisps & hummus £3 df gf*  
*Smoked mackerel pate & croutons £4 gfo*

Starters

*Stuffed baked portobello mushroom – blue cheese – walnuts – pea shoots – balsamic £8 v gf*  
*Thai inspired avocado gazpacho – white crab salad – mango salsa £10 gf df*  
*Garlic & lemon buttered king prawns – homemade bread roll - aioli £9 gfo*  
*Soy & sweet chilli pan fried squid – Asian slaw – sesame – coriander - chilli £9*

Mains

*Crispy polenta – roasted beetroot puree – beetroot crisp – herb sauce – tender stem broccoli £16 v*  
*Cornish brown crab risotto – lemon – chilli – parsley – parmesan £16 gf*  
*Pan fried sea bass – new potatoes – lemon butter – brown shrimp – asparagus £POA gf*  
*Monkfish coconut curry – mussels – prawns – seaweed cracker – saffron rice – crab samosa £25 df gfo*

Chargrilled Steaks gfo

*We have provided the Chefs cooking recommendation for each cut of steak.*  
*All steaks are served with hand cut chips, confit shallot & Caesar salad*

*8oz Sirloin Medium £20*  
*8oz Ribeye Medium Rare £22*  
*8oz Fillet Rare £28*

Steak sauces – butter - rubs

*Mushroom red wine sauce £2.50 df gf*  
*Peppercorn sauce £2.50*  
*Blue cheese sauce £2.50*  
*Soy & sweet chilli £2.50*  
*Garlic & herb butter £1 gf*  
*Peppercorn rub £1 gf df*  
*Rosemary & garlic rub £1 df gf*  
*Chilli & garlic rub £1 df gf*

*v: vegetarian*

*df: dairy free*

*gf: gluten free*

*gfo: gluten free option available*

*Please inform a member of staff if you have an allergy or dietary requirement, not all allergens are listed on the menu.*

*Suppliers: we try to use just local suppliers to keep our carbon footprint as low as possible, and to keep it Cornish!*

*Meat: Harvey Brothers Butchers (Just up the road!)*

*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: Ellis Wharton LTD (Indian Queens) Polgoon (Penzance)*