

NIBBLES

Homemade Chips and Dips £6.95

*homemade tortilla chips, tomato and olive tapenade, garlic aioli, and roasted garlic pesto
(no, do, v, veo)*

Pork and Hazelnut Croquettes £7.95

tarragon aioli, pickled red onion, and a mixed salad

Mediterranean Pitted Olives £6.95

(nf, gf, df, v, ve)

TO START

Soup of the Day £9.95

*with homemade focaccia
(nf, go, do, vo, veo)*

Oven-Baked Scallops £14.95

*garlic and lemon butter, crispy kale, and homemade focaccia
(nf, go)*

Lemon Sole Ceviche £12.95

*with lime, red pepper, coriander, mint, sweet pickled red onion, served with homemade
tortilla chips, and sesame seeds
(go, do, nf)*

Beetroot Salmon Gravdax Salad £10.95

*beetroot cured salmon, horseradish cream, pickled red onion, mixed leaf, lemon wedge, and
sourdough croutons
(nf, go, do)*

Roasted Asparagus £9.95

*with local crispy poached egg, hollandaise, and herb oil
(nf, gf, do, v, veo)*

Crab Arancini £11.95

*served in a crab shell, with fresh rocket, parmesan, and garlic aioli
(gf, do, nf)*

Baked Feta £9.95

*with a tomato and olive tapenade, and toasted sourdough
(go, nf, v)*

Honey-Glazed Chorizo Bites £10.95

*served in a roasted pepper and garlic tomato sauce, with toasted sourdough
(go, do, nf)*

Cornish Mussels £12.95

*cooked in a leek, bacon, white wine and cream sauce, served with homemade focaccia
(nf, go, do)*

SALADS

Grilled Peach Salad £18.95

Cornish brie, crispy prosciutto, pickled red onion, rocket, sourdough croutons, and balsamic dressing
(go, do, vo, veo, nf)

Classic Caesar Salad £14.95

baby gem lettuce, anchovies, sourdough croutons, parmesan, Caesar dressing, and soft-boiled egg
(go, do, nf, v, veo)

Add grilled chicken (go, do, nf) £6.95

Add halloumi (go, v, nf) £3.95

Watermelon and Feta £14.95

sourdough croutons, mint mixed salad, with a lemon and honey vinaigrette
(nf, go, do, v, veo)

COMFORTS

6oz Beef Burger £22.95

with tomato, gherkin, lettuce, Cornish cheddar, bacon, burger sauce, in a brioche bun, served with an onion ring, coleslaw, and sea salted fries
(nf, go, do)

Chicken Schnitzel £23.95

with a parmesan and herb crumb, wild mushroom cream sauce, roasted garlic mash, and seasonal greens
(nf, go)

Beer Battered Fish and Chips £22.95

locally sourced fish, triple cooked thick cut chips, tartare sauce, minted crushed peas, lemon wedge, and crispy kale
(gf, do, nf)

Vegetarian Burger £20.95

plant-based 'chicken style' burger, halloumi, avocado, tomato, gherkin, lettuce, sweet chilli jam, in a brioche bun, served with an onion ring, coleslaw, and sea salted fries
(nf, do, v, veo)

Regency Sausage and Mash £20.95

confit garlic mash, seasonal greens, red wine and onion gravy
(gf, nf)

Tregarthen's Fish Pie £25.95

locally sourced fish and seafood, parmesan and cheddar mash, seasonal greens, and lemon
(nf)

Key: gf: gluten free, go: gluten option, nf: nut free, no: nut free option, df: dairy free, do: dairy free option, v: vegetarian, vo: vegetarian option, ve: vegan, veo: vegan option

MAINS

Pan-Seared Duck Breast £24.95

rosemary and thyme fondant potato, tenderstem, cherry gel, butternut squash purée, and red wine jus
(gf, do, nf)

Cornish Mussels £25.95

cooked in a leek, bacon, white wine and cream sauce, served with sea salt and black pepper fries, and homemade focaccia
(nf, go, do)

Wild Mushroom Tagliatelle £19.95

black truffle tagliatelle, in a roasted garlic pesto cream sauce, finished with parmesan
(do, no, go, v)

Catch of the Day

Please see our daily specials menu

Monkfish Curry £23.95

coconut Thai green sauce, fine beans, bok choy, served with sticky jasmine rice, topped with chargrilled lime, coriander, and fresh chillies
(nf, gf, df)

Roasted Cauliflower Steak £22.95

quinoa tabbouleh salad, pomegranate dressing, spiced cauliflower puree, and a cashew nut dakka
(no, gf, df, v, veo)

8-hr Braised Feather Blade Beef £23.95

with roasted bok choy, chilli oil glazed tenderstem, caramelised banana shallots, confit garlic mash, and red wine jus
(gf, nf)

SIDES

Roasted garlic mashed potatoes (nf, gf, v) **£5.95**

Sea salt and black pepper fries (nf, gf, df, v, ve) **£5.95**

Triple cooked chunky chips (nf, gf, df, v, ve) **£5.95**

Seasonal greens (gf, do, v, veo, nf) **£5.95**

Mixed salad (nf, gf, df, v, ve) **£5.95**

Beer battered onion rings (nf, gf, df, v, ve) **£5.95**

Halloumi fries with sweet chilli jam (gf, nf, v) **£8.95**

Coleslaw (nf, gf, df, v, ve) **£3.95**