

MENU



STARTERS

Homemade Soup £6.95

Served with artisan breads (gf, nf, do, vo)

Crab Salad £12.95

Spiced crab, charred melon, avocado purée, compressed cucumber, garlic and lemon aioli (gf, nf)

Asparagus £10.95

Grilled asparagus, sauce gribiche, Parmesan, candied walnuts, orange and tarragon oil (gf, v)

Steak Tartare £12.95

Prime British fillet steak, confit Parting Carn egg yolk, pickled mushrooms, shallots, gherkins and capers (gf, nf, df)

Medley of Beetroot £9.95

(add Goats' Curd £1.95)

Selection of baby beetroots, walnut crumb, candied walnut, orange and tarragon oil (gf, df)

TO NIBBLE OR TO SHARE

Mixed Olives £5.95

(go, nf, df, ve)

Selection of Artisan Breads £8.95

With olive oil and balsamic dip, and mixed olives (nf, do, veo)

Garlic and Rosemary Baked Whole Camembert £17.95

With red onion marmalade and toasted ciabatta (go, nf, v)



MAINS

Pan Seared Duck Breast £23.95

With rosemary and thyme fondant, sweetcorn purée, charred sweetcorn, red wine jus, nasturtium leaf and cavolo nero crisp (served pink) (gf, nf)

Fisherman's Catch £24.95

Squid ink gnocchi, squid ink purée, sorrel velouté, baby courgette, nasturtium leaf and mussels stuffed with Parmesan bechamel and tomato concasse (nf)

Dry Spice Rubbed Cauliflower Steak £16.95

With grilled asparagus, sundried tomato hummus, spiced chickpea and coriander salad (gf, nf, df, ve)

7oz Prime Fillet of British Beef £32.95

With triple cooked chips, garlic and rosemary field mushrooms, confit cherry tomatoes and Béarnaise sauce (gf, nf)

Wild Mushroom Fricassee £17.95

With rosemary and Parmesan polenta cake, charred baby leeks and pickled mushrooms (gf, nf)

CLASSICS

Tregarthen's Beef Burger £17.95

Prime British chuck steak mince, confit onions, pancetta crisp, iceberg lettuce, gherkin, South West Cheddar cheese, red cabbage and coriander coleslaw, and triple cooked chips (go, nf, do)

Atlantic Cod and Triple Cooked Chips £17.95

With pea and mint purée, tartare sauce and a lemon wedge (go, nf, do)

Local Butcher's Sausages and Mash £17.95

Sausages from Mike Benney's Butchers on St Mary's, creamy mashed potato, seasonal vegetables and red wine gravy (nf)

SIDES

Selection of Seasonal Vegetables £4.95 (gf, nf, do, veo)

Triple Cooked Chips £5.50 (gf, nf, df, ve)

Crispy Onions £3.95 (go, nf, v)

Red Cabbage and Coriander Coleslaw £4.95 (gf, nf, vf, v)

DESSERTS

Crème Brûlée £8.50

With rosemary and lemon shortbread (go, nf, v)

Selection of South West Cheeses £12.95

With caramelised red onion chutney, celery and grapes,
served with crackers (go, nf)

Dark Chocolate and Baileys Fondant £8.50

(15-minute cooking time) Served with St Agnes sea salt and caramel ice cream
(nf, v)

Selection of Ice Creams and Sorbets from Troytown Farm on St Agnes £6.50

Please ask for today's selection (gf, no, do, veo)

Strawberry Sundae £8.50

Homemade shortbread and meringue with Troytown strawberry ice cream
(go, nf, v)

All items on our menu are subject to change, due to availability of fresh produce.

Where possible we support our local community by using local produce.

To help us to cater for guests with food allergies or sensitivities, please do inform us
and we will make every effort to help.

Our food is not prepared in a nut free environment.