

**BEST OF BRITISH WITH A NOD TO FRANCE !**

**APERITIFS**

Baguette, olive oil and balsamic vinegar £4.50

Mixed Breads 3.50

Smoked almonds £3.50

Olives £3.50

Perles de L'Angelier Cepage Melon NV £6.50  
100ml glass

**STARTERS**

**PAN-FRIED KING PRAWNS**

strawberries, Jambon Cru, watercress, lemon  
and mint oil £9.50 (gf)

**VULSCOMBE GOATS CHEESE AND GARDEN SALAD**

herb oil and white garlic dressing (gf)  
£6.95

**SOUP DU JOUR**

sour dough bread (v)  
£6.95

**STEAMED WEST COUNTRY MUSSELS**

shallots, garlic white wine and thyme, sour dough (gf)  
£8.50 as a main £17.00

**SMOKED TROUT**

salad of peas, oregano, lemon, apple  
and crème fraiche (gf)  
£9.95

**SMOKED DUCK BREAST**

oranges, hazelnuts, honey and black pepper (gf)  
£8.50

**NEWLYN LANDED WHITE CRAB MEAT**

lemon, cucumber, radish and grapefruit (gf)  
£9.95

**MAIN DISHES**

**GRILLED STEAKS**

Café de Paris butter, broccoli, tomato ketchup and fries. (gf)  
BAVETTE £18.95  
SIRLOIN £24.50

**ROAST RUMP OF LAMB**

green olive tapenade, anchovy, warm fine  
bean and potato salad (gf)  
£18.50

**STEAMED FILLET OF POLLACK,**

vegetable nage, white crabmeat, samphire  
and salsa verde (gf)  
£17.75

**ROAST CAULIFLOWER**

Helford blue veloute, greens and seeds, new potatoes v)  
(gf)  
£14.50

**ROAST CONFIT OF DUCK LEG**

peaches, gooseberries, lettuce and puy lentils (gf)  
£17.00

**GRILLED FILLET OF SEABREAM**

warm heritage tomatoes, confit of garlic,  
fennel and herb oil (gf)  
£17.25

**CORNISH BEER BATTERED FISH**

mushy peas, chips and tartare sauce  
£14.95

**COTE DE BOEUF**

mushrooms, tomato, chunky chips and béarnaise  
sauce (gf)  
£49.95

**(FOR TWO TO SHARE)**

(limited availability to guarantee 24 hour notice required)

**POACHED SALMON NICOISE SALAD**

garlic aioli (gf)  
£14.50

**SIDE DISHES**

New potatoes £3.00

Mixed leaf salad £3.00

Tenderstem broccoli £4.50

Steamed courgettes £3.75

French fries £3.00

**CORNISH LOBSTER**

Simply grilled with garlic and herb butter or

A Thermidor sauce

Both served with new potatoes and mixed leaf salad

24 hour notice please so we can order fresh

from the market

(Market price approx. ½ £30, whole £60.00)

**Early Bird Offer**

**Dine between 6pm and 6.45pm and  
receive 15% off your food bill**

Please note a 10% optional gratuity will be added  
to tables of 8 or more.

Please be advised that any of our products may  
contain allergens including peanuts

(GF) – Gluten free

(V)- Vegetarian

## TO FINISH

Artisan cheeses

Pickled sweet grapes, sourdough baguette

3 cheese selection £7.00 4 cheese selection £8.50

5 cheese selection £10.00

### BLUE D'AUVERGNE

Made from cows milk with a spicy flavour of grasses and wild flowers (pasteurised)

### LANGRES

A rich and supple cows milk cheese with a melt in the mouth texture (un-pasteurised)

### BRIE DE MEAUX

Rich and buttery cows milk cheese, soft and savoury (un-pasteurised)

### VALENCAY

A smooth mild and nutty goats cheese (un-pasteurised)

### TOMME DE SAVOIE

Mild, semi firm cows milk cheese from the French alps (un-pasteurised)

### And the essential glass of Port (70ml)

Fonseca Unfiltered LBV Port, 2005,  
£4.75

Butler Nephew 10 year old Tawny port  
£6.25

Malamado Fortified Malbec,  
£6.25

## DESSERTS

### COFFEE MASCARPONE

chocolate, almond sponge and salted  
caramel sauce (v)  
£7.25

### PASSION FRUIT PANNA COTTA

Coconut sorbet (gf)  
£7.25

### BAKED LEMON CREAM

summer berries, meringue, strawberry sorbet  
(v) (gf)  
£7.25

### DARK CHOCOLATE MOUSSE

Puff pastry, strawberries, thyme and  
elderflower syrup (v)  
£7.25

### ICE CREAM SELECTION

with Florentine (v)  
(please ask for todays selection 3 scoops)  
£5.50

### TEA OR COFFEE WITH MACARONS

£4.50

### DESSERT WINES

All served in a (70ml)

#### Pedro Ximenez— Spain £4.95

very dark, rich and opulently sweet with dried plum  
flavours and raisins on the nose.

#### M. Chapoutier Muscat Beaume de Venise - France £5.50

Muscat petit grains grape, the wine is delightfully sweet with  
notes of candied fruits and flowers and a rich golden  
colour.

## COFFEE

### A selection of premier blends from which to make your choice

(Numbers in brackets are the strengths of coffee)

Espresso Forte well balanced and strongly roasted notes (7)  
Espresso Decaffeinato subtle cocoa and roasted cereal notes of  
this full-bodied espresso (7)

Lungo Forte Intense roasted notes with a subtle hint of fruit (4)  
Lungo Decaffeinato Reveals flavours of red fruit balanced cereal  
notes (2)

Americano £2.50 Café latte £2.75

Cappucino £2.75 Mocha £2.75

Espresso single £2.50/double £3.50 Hot Chocolate £2.95

Cafetiere filter coffee Per 2 cup cafetiere £3.50

Liqueur coffee £8.50

## TEA

### Tregothnan Cornish Loose Leaf Teas

Classic / Earl Grey / Afternoon Tea  
Green Tea / Peppermint / Chamomile  
Manuka / Red Berry