

Starters

Soup de jour £5.50

Fresh homemade bread

Cornish crab £7.50

Wasabi mayonnaise, radish, coriander, mint, salmon caviar

Baked goats cheese and mushroom tart £6

Spiced beetroot salad, toasted almonds, pomegranate molasses

Fowey mussels £7

Garlic, parsley, lemon, white wine, cream

Lightly grilled mackerel fillet £6

Courgette and carrot frittata, mustard dressed leaves

Sun blushed tomato and olive salad £6

Pumpkin seed pesto, Cornish yarg shavings

Mains

Roasted local fish of the day £15.50

Olive, rocket, salted lemon Israeli cous cous salad, red pepper salsa

Local pork chop wrapped in smoked streaky bacon £16.00

Fondant potato, green beans, pinenuts, raisins, lemon, port jus, crispy sage

Confit duck leg £15

Sweet potato purée, roasted parmentier vegetables and potatoes, port jus, tender stem broccoli

Tintagel ale battered fish £14.50

Seasoned chips, peas, homemade tartare sauce, dressed leaves

Whole roasted lemon sole £16

Porthilly mussels, crayfish, lemon parsley sauce, Cornish new potatoes, buttered green beans

Sun blushed tomato and mushroom risotto £13.50

Pea shoots, olive oil dressing

Wild mushroom and spring onion pancake £14

Pumpkin seed pesto, spring vegetables, pea shoots

Sides

Chips **£2.50**

Homemade bread basket **£1.50** (2 slices)

Mixed leaf salad **£2.50**

Seasonal vegetables **£2.50**

Roasted root vegetables **£2.50**

Cornish new potatoes **£2.50**

Wine Suggestion

*By the bottle- Malassagne Picpoul de Pinet (France) Try with the whole lemon sole. **£20.90***

*By the glass- Miraflores Cabernet Sauvignon (Chile, 175ml) Try with the confit duck leg. **£4.20***

Some of our foods may contain allergens. Please ask a member of our staff and they will be happy to assist you. (EU Consumer Reg No: 1169/2011)

