



For those guests on dinner inclusive terms, those dishes which have n/a are included in your package. For other dishes you will receive a 35% discount from the listed prices.

## Starters

FRESHLY PREPARED SOUP OF THE DAY	n/a   12
CHICKEN LIVER PARFAIT <small>424 kcal G, M, D, E</small> Hot toast, real ale chutney	n/a   12.50
CORNISH SPLIT <small>565 kcal G, CR, F, D</small> White crab meat, brown crab butter, rocket, apple	16
HERITAGE TOMATO & BURRATA SALAD (GF) (V) <small>468 kcal D</small> Basil Pesto, Caprese Salad, Fowey Valley Olive Oil	n/a   16.50
WESTCOUNTRY MUSSELS (GF) <small>602 kcal MO, D, SU</small> Garlic & fennel, Cornish Rattler cider cream	19
PICKLED VEGETABLE SALAD (VE) <small>224 kcal G D</small> Asparagus, crumbled Cornish goats' cheese	12

## Side dishes

6

FRIES (VE) <small>358 kcal</small>
DEEP FRIED ONION RINGS (V) <small>426 kcal G</small>
MARINATED OLIVES (GF) (VE) <small>467 kcal</small>
TOSSED SALAD (VE) <small>70 kcal</small>
CHEESE & GARLIC BREAD (V) <small>520 kcal G, D</small>

---

GF Gluten Free GF? Can be Gluten Free (please ask) V Vegetarian  
VE Vegan VE? Can be Vegan (please ask)

D DAIRY G GLUTEN M MUSTARD E EGG MO MOLLUSCS CR CRUSTACEAN C CELERY  
N NUTS F FISH SU SULPHUR DIOXIDE S SESAME SO SOYA P PEANUTS L LUPIN

Adults need around 2000 Kcal a day. Our dishes may contain traces of allergens. Please let us know if you have any allergens or special dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free.

## Mains

<b>CARLYON BURGER</b> 1464 kcal G, E, C, D, M, SU	n/a   23
Home ground beef burger, gouda, mayonnaise, bacon, pickles, brioche bun, triple-cooked chips	
<b>ATLANTIC ALE BATTERED COD</b> 1400 kcal F, D, G, E	25
Cod, tartar sauce, crushed peas, triple-cooked chips	
<b>CHARGRILLED 10oz RIB EYE STEAK (GF)</b> 1560 kcal D	37
Served with green vegetables, wild mushrooms, cherry tomatoes & pont neuf potatoes	
<b>CHARGRILLED 8oz FILLET STEAK (GF)</b> 1162 kcal D	40
Served with green vegetables, wild mushrooms, cherry tomatoes & pont neuf potatoes	
<b>PAN-FRIED CHICKEN BREAST</b> 739 kcal G, D, E	24
Cornish Blue cheese & garlic cream, Kittows Hogs pudding patty, buttered greens	
<b>CAESAR SALAD</b>	n/a   16
Sweet garlic, croutons, creamy garlic dressing, Parmesan	
as it comes (V) 905 kcal	
or with chargrilled Chicken 842 kcal D, G, M, E	n/a   22
<b>HELFDORF BLUE CHEESE SALAD (V) (GF)</b> 814 kcal E, D	n/a   20
Vegetables, baby salad leaves, poached St Ewe egg, warm new potatoes	
<b>HOMEMADE FLAT BREAD</b>	22
a. Cornish goats cheese, rocket & pesto 489 kcal G, D	
b. Cornish Chorizo, Cornish gouda, heirloom tomato, olives 655 kcal G, D, S	
<b>BUTTERNUT, CORNISH GREENS &amp; CHICKPEA CURRY (VE) (GF)</b> 732 kcal	22
Coconut cream, jasmine rice	

## Sweets

<b>WEST COUNTRY ICE CREAMS (V)</b> 409 kcal D	n/a   11
Selection of locally made ice creams	
<b>BERRY &amp; CLOTTED CREAM BRÛLÉE (V)</b> 1049 kcal E, D, G	12
Beurre noisette shortbread	
<b>DARK CHOCOLATE CREMEUX (GF)</b> 475 kcal G, D, E, SO	13.50
Biscuit crumb, whipped Trewithen cream, tuille	
<b>PLEASE ASK FOR THE DAILY DESSERT OPTION</b>	n/a   11

---

Available 6.00pm - 9.00pm

Our daily dinner menu is also available upon request along with a vegetarian / vegan menu if required. Please inform us if you have a food allergy that we should be aware of. Adults need around 2000 kcal a day.

