

# Starters

<b>Garlic Bread</b> Made with our very own garlic butter	£2.90
<b>Soup of the day with Roll</b> Ask for details	£4.80
<b>Calamari</b> Lightly dusted deep fried squid rings and tentacles with a lemon mayo dip	£4.90
<b>Dipping Bread</b> Warm Focaccia bread & dipping oil served with herb and spiced olives	£4.90
<b>Garlic Mushrooms</b> Breaded Mushrooms on a bed of lettuce topped with a Garlic Dressing	£5.90
<b>Seafood Hotpot &amp; Roll</b> A mixture of fish in a Seafood Sauce, served Hot	£5.90
<b>Salsa Bites</b> They're back! New recipe, breadcrumb coated cheese and chili pepper stuffed balls, deep fried, topped with cheese and salsa	£5.90
<b>Prawn Cocktail with Brandy Sauce</b>	£5.90

# Mains

*Main courses come served with the following:  
Fresh Vegetables, Mushy Peas OR Salad garnish  
With EITHER*

*Chips, Croquettes, Boiled OR Jacket Potatoes*

*Don't want potatoes? You can have rice or a full salad instead*

*(FOR SOFT, WELL COOKED VEGETABLES, PLEASE STATE WHEN ORDERING)*

<b>Scampi</b> Whole scampi tails deep fried in breadcrumbs	£11.20
<b>Salmon Steak</b> Poached in butter (garlic optional) and served with a lemon sauce	£12.30
<b>King Prawns</b> Succulent large prawns cooked then tossed in our own garlic butter	£12.90
<b>Sea Bass</b> Fillet of fish, poached and seasoned with sundried tomatoes and fresh herbs	£14.80

<b>Vegetable Tagliatelle</b>	<b>£8.20</b>
Fresh egg pasta with vegetables coated in a classic creamy French style sauce, dressed with parmesan cheese and fresh basil (does not include main course choices - Its filling by itself!)	
<b>Vegetable Goulash</b>	<b>£8.20</b>
Vegetables in a smoky tomato, red pepper and onion sauce, topped with feta cheese	
<b>Vegetable Jalfrezi</b>	<b>£8.20</b>
Our mixed vegetables in a Medium to Hot curry sauce. (Suitable for vegans too)	
<b>Gourmet Burger (170g/6oz)</b>	<b>£8.90</b>
A succulent Pork and Apple burger in a roll with bacon, cheese, lettuce and served with chips (rather large for a child, more for teenagers or adults)	
<b>Chicken Korma</b>	<b>£9.50</b>
Tender pieces of Chicken in a Mild to Medium creamy curry sauce	
<b>Chicken Jalfrezi</b>	<b>£9.50</b>
Tender pieces of Chicken in a Medium to Hot curry sauce	
<b>Chicken Steak (225g/8oz)</b>	<b>£9.60</b>
Chicken breast steak seasoned & grilled.	
<b>Gammon Steak (300g/10oz)</b>	<b>£9.90</b>
Moist and served with pineapple	
<b>Lamb Kebabs</b>	<b>£11.90</b>
Lean leg of lamb, seasoned and dressed with Mint and Tomatoes served on skewers with mushrooms and onions	
<b>Chicken Melt</b>	<b>£11.90</b>
Chicken breast steak topped with Davidstow Cheddar and Delabole Salami	

*Our beef steaks are matured for a month  
for a more tender and tastier steak.*

<b>Rump Steak (225g/8oz)</b>	<b>£12.90</b>
Prime cut of British beef seasoned & grilled to your preference (garlic optional)	
<b>Rump Steak (340g/12oz)</b>	<b>£15.90</b>
A beast of succulent prime cut British beef steak seasoned & grilled to your preference (garlic optional)	

## Sides

Portion of Chips - £3.20    Crispy Mushrooms - £4.50  
Mixed Side Salad - £3.60  
Sauces (Pepper, Wild Mushroom or Gravy) - £1.50

# Exotic Meats

<b>Venison in Red Wine</b>	<b>£11.20</b>
Tender pieces of Venison cooked in its own red wine sauce	
<b>Jumper Fillet Steak (250g/8½oz)</b>	<b>£14.50</b>
Succulent Kangaroo Fillet, more flavoursome than beef, virtually fat free, served close to RARE	
<b>Rose Veal (220g/8oz)</b>	<b>£15.50</b>
Tender Striploin Fillet from High Welfare Reared Calves ( <b>NOT</b> in the traditional way, hence pink in colour) Served MED-MED RARE	

# Desserts

<b>Luxury Cornish Ice Creams</b>	<b>£4.20</b>
Vanilla; Salted Caramel; Rum & Raisin; Chocolate; Bubblegum; Lemon Crunch	
<b>Banana Split</b>	<b>£5.50</b>
<b>Pannacotta</b>	<b>£5.50</b>
<b>Hot Toffee Sponge Pudding</b>	<b>£5.50</b>
Light steamed pudding, drizzled with a sticky sauce, served with ice cream, clotted cream or custard	
<b>Hot Apple &amp; Strawberry Crumble</b>	<b>£5.50</b>
Served with ice cream, clotted cream or custard	
<b>Hot Chocolate Fudge Pudding</b>	<b>£5.50</b>
A light steamed pudding topped with Chocolate Syrup served with ice cream, clotted cream or custard (gluten free option available)	
<b>Hot Ginger &amp; Date Pudding</b>	<b>£5.50</b>
A steamed pudding served with ice cream, clotted cream or custard (Warning - may contain the occasional Date Stone)	
<b>Iced Pebbles</b>	<b>£5.50</b>
Meringue pebbles on a lemon crunch ice cream base topped with clotted cream, chocolate syrup and marshmallows	
<b>White Heron Sundae</b>	<b>£6.20</b>
<b>Cheese &amp; Biscuits (with a selection of Cornish Cheeses)</b>	<b>£6.50</b>
<b>Tipsy Fruits (Rumtopf)</b>	<b>£6.90</b>
Fresh fruits matured and served in a sweet Jamaican Dark Rum served with ice cream or clotted cream **WARNING: THIS BITES BACK!**	