

Sands

Seared South Coast Scallops	£14.50
<i>Parsnip & Parsley Purée, Parsnip Crisp, Pickled Roasted Kohlrabi, Seaweed</i>	
Fillet of Mackerel	£12.50
<i>Coconut & Chilli Panna Cotta, Coriander & Red Onion Salad, Passionfruit Syrup</i>	
Fennel & Garlic Mussels	£12.50
<i>Pernod & Parsley, Fresh Bread</i>	
Basil-Breaded Goat's Cheese 	£12.50
<i>Beetroot Hazelnut Tuile, Hazelnut & Iceberg Lettuce</i>	
Soup of the Moment	£9.50
<i>Warm Bread</i>	
Roulade of Crab	£14.50
<i>Courgette & Apple, Bitter Apple Purée, Crab Custard</i>	
Ham, Egg & Chips	£12.50
<i>Ham Hock Terrine, Salt-Baked Pineapple, Poached Quail's Egg, Game Chips, Pineapple Chutney</i>	
Seared Loin of Venison	£13.50
<i>Roasted Fig, Spiced Raspberry Jam, Chive Parmesan Risotto</i>	
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Trio of Pork Belly, Cheek & Fillet	£23.95
<i>Toffee Apple, Crackling Cake, Kale & Cider Cream</i>	
Fillet of Cornish Beef	(£10 supplement) £32.50
<i>Spiced Beef Pancake, Cornish Brie, White Turnip Purée, Roasted Turnip & Tarragon Cream</i>	
Slow-Roasted Breast of Lamb	(£8 supplement) £26.95
<i>Lamb Wellington, Best End Chop, Carrot Purée, Mint Jelly, Roasted Potato, Cauliflower Fritter, Lamb Sauce</i>	
Fillet of Sea Bass	£24.95
<i>Cassoulet of Beans & Peas, Warm Mussel & Sea Salad, Capers Butter</i>	
Blackcurrant Poached Salmon	£23.50
<i>Warm Potato, Chive & Samphire Salad, Pickled Berries, Goat's Cheese Mousse, Blackcurrant Sauce</i>	
Fillet of Hake en Papillote	£21.50
<i>Lemon Grass, Chilli, Ginger, Orange, Potatoes, Broccoli & Asparagus</i>	
Breast of Chicken Marinated in Indian Spices	£21.50
<i>Mushroom and Egg Rice, Poori Pillows, Scented Air, Courgette Ribbons, Hot & Sour Sauce</i>	
Confit of Sweet Potato & Spinach 	£17.95
<i>Sweet Potato, Spring Onion & Sweetcorn Rösti, Pickled Onion & Smashed Heritage Tomatoes, Walnut Pesto</i>	
Executive Fish & Chips	£19.50
<i>Five Fish, Five Batters, Two Peas and Two Potatoes, Lemon and Broken Tartar</i>	
White Bean Broth 	£18.95
<i>Fennel, Heritage Tomato & Basil Emulsion, Air-Dried Onion</i>	

Sides	£3.50 (supplement)
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Green Salad	Fine Beans, Mangetout & Sesame Seeds
Honey-Roast Carrots & Courgettes	Buttered New Potatoes
Hand-Cut Chips	Wilted Spinach

All produce on our menu is sourced locally in Cornwall. A list of suppliers is available on request.
If you suffer from a food allergy or intolerance, please let your server know upon placing your order.