

Sands

Starters

Soup of the Moment	£ 7.50
Wok-Fried Mussels Ginger Chilli, Prawn Cracker, Lemongrass & Coconut	£ 8.95
Seared Scallops Textures of Cauliflower, Truffle Vinaigrette	£ 10.50
Fillet of Mackerel Fennel, Red Onion & Horseradish Salad, Citrus Yoghurt Dressing	£ 8.50
Ham Hock Potato & Caper Terrine, Chow Chow Pickle, Olive Focaccia	£ 8.95
Loin of Venison Blueberry Jelly, Fondant Potato, Blueberry Sherbet, Pickled Wild Mushroom	£ 9.95
Char-Grilled Asparagus V Poached Duck Egg, Parmesan, Hollandaise, Dressed Watercress	£ 8.50
Textures of Beetroot V Flavours of Goat's Cheese, Roasted & Pickled Walnuts	£ 8.95

Main Courses

Trio of Pork Belly, Cheek & Fillet Toffee Apple, Crackling Cake, Kale & Cider Cream	£ 21.95
Herb-Roasted Fillet of Cornish Beef Mince, Onion & Suet Pie, Celeriac Purée, Asparagus & Stout Juices	£ 28.95 (£10 supplement)
Carbis Bay Shepherd's Pie Best End Cutlet, Minced Lamb Rillettes, Minted Peas, Redcurrant Jelly, Baby Vegetables	£ 23.95 (£8 supplement)
Fillet of Sea Bass Swede Purée, Braised Chicory, Pinenut Tuile, Watercress Cream	£ 23.95
Battered Fillet of Local Fish Triple-Cooked Chips, Mushy Peas, Roasted Lemon	£ 18.50
Fillet of Plaice Leek & Celeriac Crumble, Butter Beans, Lyonnaise Potato Stack, Lemon Vermouth Velouté	£ 21.95
Butter-Poached Fillet of Hake Sautéed Wild Mushrooms & Spinach, Crab Taco & Salsa Butter Sauce	£ 19.95
Paper-Baked Chicken Supreme Rosemary Creamed Potato, Baked Crown Prince Squash, Rhubarb Velouté, Deep-Fried Chard, Candied Rhubarb	£ 19.50
v Braised Sweet Galette of Mushroom & Chestnut Tomato Passata, Creamed Potato & Root Vegetables	£ 17.95
v White Bean Broth Fennel, Heritage Tomato & Basil Emulsion, Air-Dried Onion	£ 18.95

Sides

£ 3.50
(supplement)

Green Salad	Fine Beans, Mange Tout & Sesame Seeds
Honey-Roast Carrots & Courgettes	Buttered New Potatoes
Handcut Chips	Wilted Spinach

V Vegetarian

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.