

STARTERS

- Chef's soup** _____ £6
made daily, rustic bread, cornish butter
- Marinated olives** _____ £6
rustic bread, hummus, aged balsamic olive oil
- Salmon gravalax** _____ £8
cured in beetroot, wholegrain mustard and dill mayonnaise, micro leaves
- Chicken and leek terrine** _____ £7
wrapped in parma ham, tribute chutney, toasted focaccia, micro salad
- Pan-fried king prawns** _____ £7
garlic and coriander butter, dressed rocket
- Marinated beetroot and goats cheese** _____ £7
rocket leaves, thyme dressing

SIDES

- Fries** _____ £3
- Onion rings** _____ £3
- Coleslaw** _____ £2
- Side salad** _____ £3
- Peppercorn sauce** _____ £3
- Buttered vegetable's** _____ £3

DESSERTS

- Crème brûlée** _____ £6
shortbread
- Chocolate mousse** _____ £7
caramel cream, chocolate crackling
- Vanilla bean cheesecake** _____ £6
berry compote, stem ginger syrup, ginger crumb
- Sticky toffee pudding** _____ £7
toffee sauce, vanilla ice cream
- Cornish cheese board** _____ £8
Tribute chutney, grapes, celery, crackers
- Westcountry ice cream** _____ £6
brandy snap basket

MAINS

- Thai style *or* soy sauce, ginger and sesame stir fry** _____ £12
peppers, mushrooms, courgette, cabbage, red onion, egg noodles
- Add chicken, salmon or halloumi, £5
- Seafood linguine** _____ £15
local seafood, mussels, shallots, garlic, white wine and coriander sauce
- 8oz Sirloin steak*** _____ £22
mushroom and spinach fricassee, onion rings, slow roasted vine cherry tomatoes, fries, peppercorn sauce
- Fish and chips** _____ £14
Cornish Ale battered fillet of haddock, mushy peas, chunky chips, tartar sauce
- Pan-fried calves liver with smoked bacon** _____ £14
wholegrain mustard mashed potatoes, caramelised red onion, green beans, gravy
- Burger of the day** _____ £13
seeded bun, cos lettuce, gherkins, tomato, rustic fries
- The Esplanade chicken burger** _____ £13
breaded cajun chicken, seeded bun, cheese, cos lettuce, gherkins, tomato, garlic mayonnaise, onion rings, fries
- Chicken supreme** _____ £14
Stuffed with wild mushroom, dauphinoise potatoes, greens beans, thyme sauce
- Catch of the day** _____ £15
chive crushed potatoes, spinach, roasted fennel, slow cooked vine cherry tomatoes, caper and dill sauce
- Bell pepper** _____ £12
stuffed with Mediterranean vegetable couscous, mozzarella, new potatoes, tomato and basil sauce
- Superfood salad** _____ £9
quinoa, avocado, broccoli, beetroot, pomegranate, asparagus, seeds
- Add chicken, salmon or halloumi, £5
- Pan-fried gnocchi** _____ £14
wild mushroom and spinach sauce, parmesan shavings, slow roasted vine cherry tomatoes