

## **STORY ON A PLATE**

### **FLURRY OF TASTES & TEXTURES**

As you leave the A30 behind you and descend into Falmouth there is an amazing view of the harbour and fields behind, this is our inspiration behind a flurry of small bites as you unwind and settle into your experience.

### **LADY KILLIGREW SOURDOUGH BREADS, CHURNED BUTTERS**

Shortly after arriving in Cornwall we started our Lady Killigrew Sourdough and she has been with us ever since, finding her way into all of our freshly baked breads

### **NANSIDEWELL WANDERSING THROUGH ROCKPPOL & WOODS**

As you walk through the woods towards the cove you will find the closest patch of wild garlic as land meets the sea

### **PASTURE TO PLATE**

We are fortunate to have befriended amazing small farm producers who supply us with vegetables of true provenance, some of which are grown especially for us.

### **LIA BEAR LINE CAUGHT FISH**

Toby our fisherman sets sail daily in Lia Bear. Fish arrives at the kitchen door full of rigour and still glistening with Atlantic water as we plan on how to best utilise this exceptional ingredient.

### **TREGULLAS FARM LAMB & CRAB**

The Southern most tip of England and viewed from the restaurant on a clear day, pasture raised lamb with a view of the lighthouse and crab pots below

### **MILK & HONEY**

Cornish black bees thrive in our garden and produce an exceptional honey with expressions of our terroir. It is unheated and we take just enough for our needs, leaving the bees to carry on with their work and rebalance the ecosystem.

### **TREGONIGGIE**

When you walk from the Manor through Tregonigie Pine woods you will stumble upon Chocolarder. Falmouth bean to bar chocolate, sailed from South America to Falmouth, Zero Carbon, sustainable and maximum flavour

£45

Allergens. All food is prepared fresh and there are traces of nut, wheat, and other allergens throughout the kitchen. If you are unsure or need help please let us know and we will do all we can to help.

FRIDAY & SATURDAY NIGHT ONLY

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### **TERRAS FARM**

Sailing up the Carrick Roads, the walled garden of Soul Farm passes to port and moving deeper into the valley the Tresillian river estuary joins where we find our free range ducks grazing.

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TUESDAY TO THURSDAY ONLY