

# Tregarthen's Hotel Dinner Menu

Served between 6 and 9pm

Welcome and thank you for choosing Tregarthen's for your dinner tonight.

Our food is prepared using the freshest ingredients and may be altered upon request.

Wherever possible we look to source local ingredients from the Isles of Scilly and from the fine selection of available in Cornwall.

Gluten Free dishes are available and some dishes also have a Gluten Free Option.

We try to accommodate guests with food allergies or sensitivities, so please do inform our team so that we can try to meet your specific needs.

All items on our menu are subject to change due to availability of fresh produce.

**Two courses - £26**

**Three courses - £32**

Complimentary tea or filter coffee is available to finish off your meal, at your table or in the lounge.

## **Starters**

### **Soup of the Day**

(go, nf, do)

*Home-made soup served with thick cut fresh bread and butter*

### **Prawn Sizzler**

(go, do, nf)

*King prawns cooked in garlic, chilli & butter, accompanied with crusty bread*

### **Chicken Liver Pate**

(go, nf)

*With red onion chutney and crostini*

### **Tregarthen's Crabcake**

(go, nf)

*Made with fresh local crab, with rocket and sweet chilli*

### **Mediterranean Vegetable Risotto** (also available as a main course)

(gf, nf, do)

*Courgettes, peppers, onions and tomatoes, with a feta crumb and crunchy leek garnish*

### **Classic Chicken Caesar Salad** (also available as a main course)

(go, nf)

*Croutons, crispy bacon, parmesan and homemade dressing*

### **Moules Mariniere** (also available as a main course with fries)

(go, nf)

*Mussels with cream, lemon, bread*

## Main Courses

**Half or Whole Lobster Thermidor** (24 hours' notice - supplement applicable POA)  
(gf, nf)

*Served with lemon, saffron crushed new potato's & wilted greens*

**Whole Crab** (24 hours' notice required)  
(gf, nf)

*Served with a garlic aioli, lemon, hand cut chips & mixed salad*

**Confit Duck Leg**  
(do, go, nf)

*With mashed potato and red wine gravy & roasted root vegetables*

**Herb Crusted Salmon**  
(gf, do, nf)

*Lemon butter, crushed potato, courgette and green beans*

**Chicken Supreme with Chaassuer Sauce**  
(gf, do, nf)

*Sauté potatoes, spring vegetables, creamy mushroom sauce with tarragon*

**Seafood Linguine**  
(go, nf)

*Cod, salmon, mussels and prawns in a chilli, garlic cream & coriander sauce*

**Sweet Potato and Chick Pea Curry**  
(df, gf, nf)

*Fragrant rice, spinach, coriander, popadums and mango chutney*

**Sirloin Steak (£4 supplement)**  
(go, nf, do)

*8oz sirloin cooked to your liking, with garlic butter, fries and confit tomato, or select either peppercorn or chasseur sauce*

**Pork Belly**  
(go, nf, do)

*Apple sauce, hogs pudding, honey glazed carrots and crushed herb potatoes*

**Do ask to see the lounge menu if you would like to order a main course from that selection.**

## Desserts

### **Sticky Toffee Pudding**

(go, nf)

*With a rich butterscotch sauce and vanilla ice cream*

### **Crème Brulee**

(gf)

*Complete with a fresh fruit garnish*

### **Lemon Mousse**

(go)

*With a lime zest finish and short bread*

### **Dark Chocolate Fondant - 15 Minute Wait**

*Homemade fondant served with Cornish clotted cream or ice cream*

### **Trio of Scillonian Ice Cream or Sorbets from St Agnes**

(do)

### **Selection of 3 South West Cheeses, Local Chutney & Biscuits**

(go)

*Ask for our selection*

*All items on our menu are subject to change, due to availability of fresh produce.*

*Where possible support our local community by using local produce.*

*To help us to cater for guests with food allergies or sensitivities, please do inform us and we will make every effort to help. Our food is not prepared in a nut free environment.*