

DESSERTS

Classic Tiramisu

Sponge fingers soaked in espresso and layered with cream, mascarpone cheese and Marsala wine (nf)

£6.95

Eton Mess

Fresh strawberries, raspberries and blueberries folded together with chantilly cream, home-made meringue and fruit coulis (gf, nf) £6.50

White Chocolate Fondant

Home-made white chocolate fondant served with a raspberry sorbet (nf) £6.95
(15 minute cooking time)

Trio of Scillonian Ice Cream or Sorbets

from St. Agnes (gf, do) £6.00

Selection of 3 South West Cheeses (v)

Home-made chutney and biscuits.

Ask for our selection. (go) £7.95

AFTERNOON TEAS

Traditional Cornish Cream Tea

Home-made scones, Cornish clotted cream, strawberry jam and a pot of tea or coffee (go) £6.50

Afternoon Tea

Selection of freshly made miniature open sandwiches, locally made cakes, home-made scones, Cornish clotted cream and strawberry jam, together with a pot of tea or coffee (go) £16.00

Add a glass of sparkling wine - £4.95



MENU



All items on our menu are subject to availability of fresh produce.
Where possible we 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 accommodate your needs.
Our food is not prepared in a nut free environment.

gf - gluten free go - gluten free option available df - dairy free
do - dairy free option available nf - nut free v - vegetarian

SERVED FROM 12 TO 8:30PM

NIBBLES

Marinated Green & Black Pitted Olives (v)
with sunblush tomato, peppers, button mushrooms
and garlic (gf, nf, df) **£4.50**

Home-made Sweet Chilli Hummus (v)
Served with pitta bread (go, df) **£4.50**

Chorizo Patatas Bravas
Sautéed potatoes with slices of Spanish chorizo,
cooked in a tomato sauce, topped with
fresh oregano and a home-made chipotle and
garlic aioli (go, df) **£4.95**

Selection of Home-made Breads (v)
With extra virgin olive oil and aged
balsamic vinegar (no) **£4.00**

STARTERS

Minestrone Soup

Our signature minestrone soup made from chicken
stock, smoked Italian pancetta, diced fresh vegetables,
shredded greens, tomato and grated parmesan cheese.
Served with fresh home-made bread and butter
(go, do, nf) **£6.95**

Chilled Gazpacho (v)
A glass of chilled gazpacho soup served ice cold,
topped with a home-made mint and almond
pesto (gf, df) **£4.95**

Tregarthen's Crabcake
Made with fresh local white crab meat, served with
a red pepper coulis, crispy leeks and a wedge of lime
(go, nf, df) **£6.95**

Also available as a main course - £12.95

Duck Rilette

Home-made duck rilette, agrodolce, crunchy
prosciutto ham and ciabatta crispbreads (go, no, df)
£8.50

Greek Salad

 (v)

Diced pepper, cucumber, tomato, black olives, red
onion and feta cheese, dressed with extra virgin olive
oil, fresh lemon juice and oregano (gf, nf, do) **£5.95**

Also available as a main course - £10.95

OPEN PITTA BRUSCHETTAS

Served with red cabbage slaw and Burts crisps
Crispy bacon, taleggio cheese and cranberry sauce (nf, gf)
£8.50

Local white crab meat, pea shoots and mayonnaise
(nf, df, gf) **£12.50**

Three cheese and agrodolce **£8.00** (v)
Grilled sweet chilli chicken and sunblush tomatoes
(nf, df, gf) **£11.00**

Served from 12 - 5.00pm

OLD FAVOURITES

Catch of the day in Beer Batter

Catch of the day in beer batter, served with
home-made tartare sauce, garden peas and triple
cooked chunky chips (go, df, nf) **£14.95**

Tregarthen's Bacon and Cheese Burger

Freshly made beef burger served in a glazed brioche
bun, with bacon, cheese, crispy shoestring onions,
our secret recipe burger sauce and skinny fries
(gf, do, nf) **£13.95**

Tiger Prawn Linguine

With a chilli, garlic and white wine sauce, finished with
butter and chopped parsley (go, nf) **£17.50**

Classic Chicken Caesar Salad

Fresh grilled chicken breast, garlic and herb croutons,
crispy bacon lardons, parmesan shavings, crisp cos
lettuce and home-made Caesar dressing (go, nf) **£11.95**

TREGARTHEN'S ANTIPASTI SHARING BOARD

Grilled pitta bread, chorizo sausage, prosciutto ham,
marinated green & black olives, sweet chilli hummus,
taleggio fondue, duck rillettes, agrodolce and garlic
marinated tiger prawn skewer (go, no, do)
£24.95

TREGARTHEN'S NACHO PLATES

Choose either a single or sharing plate

Plain and Simple

 (nf)

Nachos, melted cheese, sour cream and tomato salsa (v)
Single **£7.50** Sharing **£11.95**

The Middle

 (nf)

Nachos, melted cheese, sour cream, tomato salsa,
jalapeño peppers, guacamole and crispy
shoestring onions (v)

Single **£9.50** Sharing **£13.95**

The Mother Chip

 (nf)

Nachos, melted cheese, BBQ pulled pork, sour
cream, tomato salsa, mozzarella balls, jalapeño
peppers, guacamole, crispy shoestring onions,
pancetta lardons

Single **£12.95** Sharing **£16.50**

SIDES

Skinny Fries or Chunky Chips (go, nf, df)
£4.50

Home-Made Onion Rings (go, nf, df)
£4.50

House Salad (gf, nf, df)
£4.50

Home-Made Garlic Bread (go, nf)
£4.95

Mixed Mediterranean Vegetables (gf, nf, do)
£5.95

