

## 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)

### Chilled Gazpacho (v)

A glass of chilled gazpacho soup served ice cold, topped with a home-made mint and almond pesto (go, df)

### 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)

*Also available as a main course.*

### Duck Rilette

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

### 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)

*Also available as a main course.*

### Chorizo Patatas Bravas

Sautéed potatoes with slices of Spanish chorizo, cooked in a tomato sauce, topped with fresh oregano and a homemade chipotle and garlic aioli (go, df)

### 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)

*Starter for two people.*

## DESSERTS

### Classic Tiramisu

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

### Eton Mess

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

### White Chocolate Fondant

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

### Trio of Scillonian Ice Cream or Sorbets

from St Agnes (do)

### Selection of 3 South West Cheeses (v)

Home-made chutney and biscuits. Ask for our selection. (go)

## MAINS

### Half Lobster Thermidor (£12 supplement)

With a choice of either skinny fries or alforno potatoes, garlic aioli and mixed green vegetables (gf, nf)

### Whole Dressed Crab (£6 supplement)

With a choice of either skinny fries or alforno potatoes, Greek salad, garlic aioli and a selection of home-made breads (gf, nf)

### Moroccan Salmon

Moroccan marinated salmon fillet served with sautéed polenta and a rustic cherry tomato, fresh herb and citrus salsa (nf)

### Slow Cooked Lamb

Slow cooked lamb shoulder on a leek and chorizo mashed potato, roast Mediterranean vegetables and a rosemary and garlic jus (gf, nf, do)

### Stuffed Pepper (v)

Sweet red pepper stuffed with ratatouille, topped with taleggio cheese and garlic pangritata on an aromatic couscous salad (go, do, nf)

## 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)

### 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)

### Tiger Prawn Linguine

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

### 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)

*Also available as a starter.*



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

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.

**Two courses - £26 Three courses - £32**