



A Note From our Head Chef...

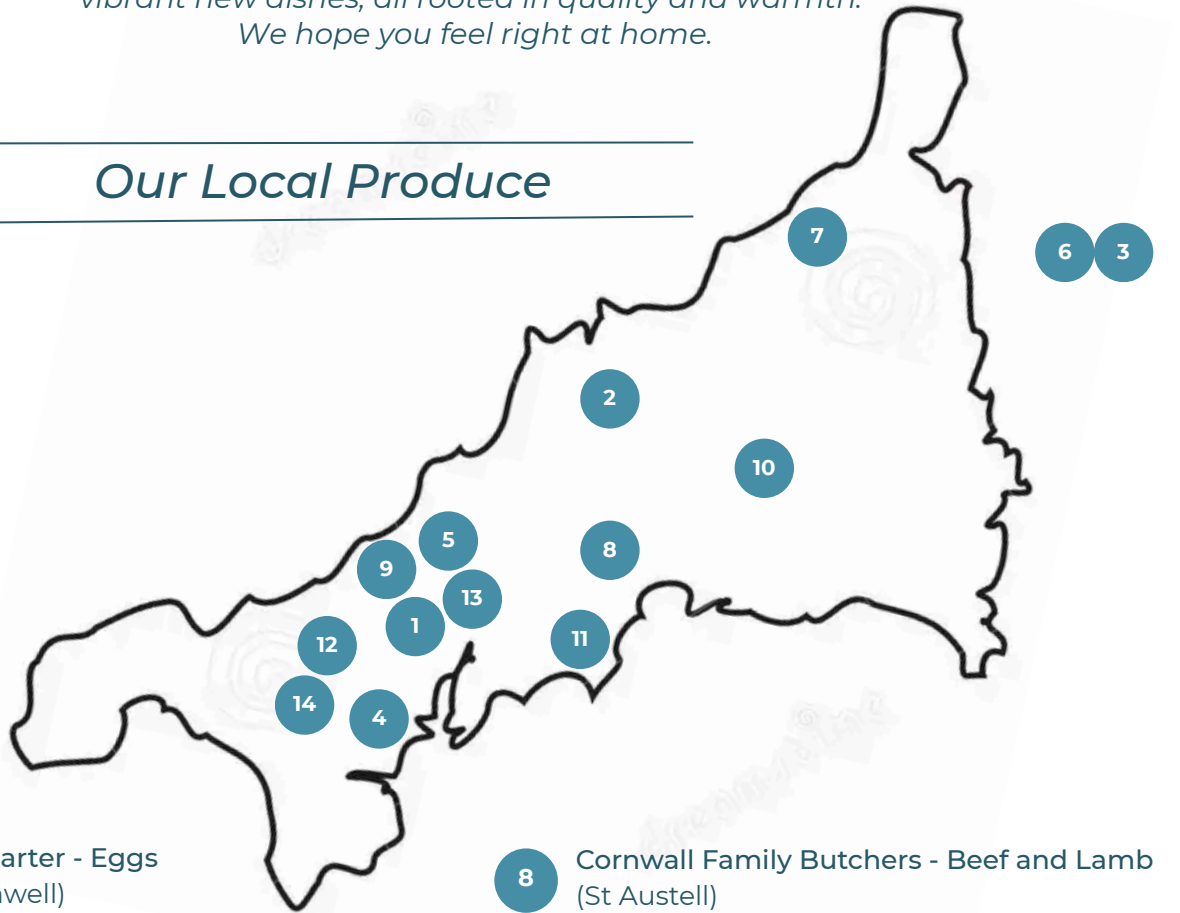
At the heart of our new menus is a simple philosophy - Food should feel like home; honest, hearty, and full of flavour.

We're proud to introduce a fresh approach in both our restaurant and bar, where every dish is crafted with care using homemade techniques and ingredients sourced from trusted local producers.

From cured fish to slow-simmered stocks, we do things the traditional way because we believe you can taste the difference. Our menus change with the seasons, reflecting the best of what our local farms, fisheries, and artisans have to offer.

*Whether you're enjoying a relaxed meal in the bar or a more refined experience in the restaurant, you'll find comforting classics alongside vibrant new dishes, all rooted in quality and warmth.
We hope you feel right at home.*

Our Local Produce



1

Colin Carter - Eggs
(Perranwell)

2

Tarquin's - Gin
(Wadebridge)

3

Forest Produce - Speciality Ingredients
(Uffculme)

4

West Country - Local Fruit and Vegetables
(Falmouth)

5

Primrose Herd Pork - Rare Breed Pork
(Truro)

6

Creedy Carver - Duck and other Poultry
(Credon)

7

Marsh Farm - Free Range Chicken
(Bude)

8

Cornwall Family Butchers - Beef and Lamb
(St Austell)

9

Callestick Farm - Ice Cream and Sorbet
(Truro)

10

Trewithen Dairy - Dairy Products
(Lostwithiel)

11

Boddington's - Jam
(Mevagissey)

12

Etherington's - Local Meat
(Redruth)

13

Tregothnan - Venison
(Truro)

14

Angus Trotters Butcher - Steaks
(Redruth)



STARTERS

Oak Smoked Tregothnan Venison <i>pickled blackberries, hazelnut, apple (GF, DF)</i>	9.50
Game Terrine <i>pancetta, pistachio, homemade piccalilli, focaccia croutes (DF)</i>	9.50
Tarquin's Gin Chalk Stream Trout Gravlax <i>fennel shavings, clementine, pomegranate (GF, DF)</i>	9.50
Newlyn Crab Beignets <i>cucumber salad, nam jim</i>	9.50
West Country Mussels <i>cider, shallots, parsley, cream, homemade focaccia (GFO, DFO)</i>	12.50
Twice Baked Cornish Blue Cheese Soufflé <i>candied walnut, red wine pickled pear</i>	9.50
Homemade Soup of the Day <i>garlic and rosemary focaccia (GFO, VGO)</i>	9.00
Turkish Aubergine Stew <i>Greek yoghurt, flatbread, molasses (GFO, DFO)</i>	9.00

MAINS

Confit Duck Leg from Creedy Carver <i>fondant potato, carrot and orange purée, cavolo nero, chantenay carrots, star anise jus (GF, DFO)</i>	25.00
Marsh Farm Chicken Breast <i>baby gem, pea, pancetta and tarragon sauce, new potatoes (GF, DFO)</i>	25.00
Roast Lamb Rump <i>braised shoulder mini moussaka, red pepper purée, oven dried tomato, tenderstem broccoli, pesto (GF, DFO)</i>	26.50
Angus Trotters 25 Day Aged Sirloin Steak <i>caramelised onions, creamy garlic mushroom gratin, oven dried tomato, skin on fries, watercress (GF, DFO) (£10 supplement for inclusive) add peppercorn sauce 3.50</i>	38.50

Tregothnan Venison Ragout	25.00
<i>gnocchi, smoked bacon, sauteed sprouts, wild mushroom, baby carrots, St Allen goats' cheese shavings (DFO, GFO)</i>	
Local Fish Curry	24.00
<i>tamarind, ginger and tomato sauce, pak choi, jasmine rice, toasted coconut (DF, GF)</i>	
Catch of the Day	28.50
<i>seaweed and herb butter, sauteed potatoes, tartare salad (GF)</i>	
Mussel Main	26.00
<i>cider, shallots, parsley, cream, focaccia, skin on fries (GFO, DFO)</i>	
Roasted Cod Fillet	25.00
<i>Moroccan inspired fennel and tomato stew, baby artichokes, olives, preserved lemon (GF, DFO)</i>	
Sweet Potato and Spinach Curry	22.00
<i>tamarind, ginger and tomato sauce, pak choi, jasmine rice, toasted coconut (GF, VG)</i>	
Black Garlic Celeriac Steak	22.00
<i>caramelised onions, roast tomato, mushroom, salsa verde, skin on fries, watercress (GF, VGO)</i>	
Pan Fried Gnocchi	22.00
<i>fennel, artichoke, tomatoes, St Allen goats' cheese</i>	
Tempura Battered Haddock Fillet	22.00
<i>peas, tartare sauce, lemon, skin on fries (GF, DF)</i>	
6oz Local Steak Burger	18.50
<i>garlic mayonnaise, tomato, red onion, baby gem, sourdough potato bun, skin on fries, side salad (GFO, DFO)</i>	
Moving Mountains Vegetarian Burger	18.50
<i>garlic mayonnaise, tomato, red onion, baby gem, sourdough potato bun, skin on fries, side salad (VGO)</i>	
<i>add Emmental Cheese or Crispy Bacon</i>	1.50 EACH

SIDES

Dressed House Salad (GF, VG)	5.50
Garlic Mushrooms (VGO, GF)	5.50
Skin On Fries (VG, GF)	5.50
Seasonal Vegetables (VGO, GF)	5.50
New Potatoes (VGO, GF)	5.50

