



Terrace

Bistro dining at GwelanMor

Menu

We are the proud recipient of a Gold Cornwall Healthier Eating and Food Safety (CHEFS) Award.

To achieve this we had to demonstrate:

- Provision and promotion of a selection of local foods
- Use of healthier cooking methods such as steaming and grilling
- Good levels of hygiene practices
- Accurate descriptions of the food we serve

We aspire to:

- Using less fat in food preparation and cooking
- Removing visible fats on meats
- Avoiding frying where possible
- Using mono-unsaturated or polyunsaturated oils

We use the following cooking methods poaching, roasting on a rack, grilling and baking, meat and fish in order retain not just their natural smell, great taste, form and colour, but also most of the micro nutrients and vitamins that they contained when raw.

Where possible we source local milk, butter, eggs, and a selection of cheese, meats and fish.

All vegetables are grown or sourced locally, prepared by hand then boiled in minimal water to retain their goodness and give the best possible flavours.

There is a possibility of nut traces within all our dishes, please notify us of any allergy requirements.

Lunch Bites

Served from 12 till 2pm only

Ham, Egg and Chips

Cornish Ham, Free range eggs and hand cut chips garnished with dressed mixed leaves

£7.25

Cornish Ploughman's

Cornish Ham, Yarg, Blue cheese, Brie, pickled onions, homemade red onion and Port chutney served with warm ciabatta bread and garnished with a dressed mix salad

£8.50

Panini's

A selection of hot, toasted Panini's served with a dressed mixed leaves salad and hand-cut chips*

Cornish Brie, Smoked Bacon and Red Grape

£6.95

Chicken, Chorizo and Cornish Brie

£6.95

Mature Cheddar, Red Onion and Port Chutney (v)

£6.45

Toasted Wraps

A filled tortilla wrap served toasted with a dressed mixed leaves salad and hand-cut chips*

Prawn and Crayfish in a Marie-Rose Dressing with Cucumber and Tomatoes

£6.95

Cajun Chicken with a Sweet Chili Mayonnaise

£6.75

Shredded Duck, Hoisin Sauce, Spring Onions and Cucumber

£7.25

** If you prefer your mixed leaves undressed, please ask.*

Antipastí

Marinated mixed olives (v) £2.50

Toasted Ciabatta with balsamic vinegar and olive oil (v) £1.90

Hummus, pitta bread and olives (v) £3.20

Starters

Soup of the Day (v)

Homemade soup served with warm granary roll and butter

£4.40

Warm Smoked Mackerel Caesar Salad*

A Cos lettuce salad with croutons, anchovies topped with parmesan shavings

£5.90

Melon and Parma Ham

Seasonal melon served with mixed leaves and topped with Parma Ham*

£6.10

Gevrik Goat's Cheese (v)

Cornish goat's cheese coated in bread crumbs, served with a red onion and Port chutney, mixed leaves and warm ciabatta bread*

£6.10

Salade du Chef*

A mixed leaves salad with croutons, walnuts, lardons of smoked bacon, Cornish blue cheese, tossed in a Dijon mustard and walnut oil dressing

£5.90

Duck Salad*

A mixed leaves salad with pan-fried crispy duck, sesame seeds, spring onions, bean sprouts and tossed in hoisin sauce

£6.85

Wild Mushroom Bruschetta (v)

*A medley of mushrooms sautéed in a garlic butter finished with white wine sauce and served on toasted Ciabatta bread with dressed mixed leaves**

£6.45

** If you prefer your mixed leaves undressed, please ask.*

MAIN COURSES

8oz Westcountry Reared Aberdeen Angus Sirloin Steak

Served with hand-cut chipped potatoes, sautéed onion, garlic field mushroom, grilled tomatoes and dressed mixed leaves (uncooked weight)*

£15.65

Add a Sauce

£1.95

Peppercorn

Cornish blue cheese

Thai Green Curry Chicken

With Pak Choi, lemon basmati rice, mixed leaves and coriander salad*

£12.25

6oz Handmade Aberdeen Angus Terrace Burger

In a Ciabatta roll with rocket, tomatoes, mayonnaise and tomato relish, served with hand-cut chipped potatoes and dressed mixed leaves (uncooked weight)*

£9.15

Add cheese or bacon for 95p each

Belly of Pork

Baked till tender, served crisp on a bed of sautéed potatoes and broad beans with a cider sauce

£13.25

Vegetable Burger (v)

*Made with puy lentils, carrot and onion with rocket, vine tomatoes, mayonnaise and a sweet chili sauce. Served with hand-cut chipped potatoes and dressed mixed leaves**

£8.15

Wild Mushrooms Risotto (v)

With a white wine sauce, spring onions and peas, garnished with Mascarpone cream and parmesan tuile

£8.45

** If you prefer your mixed leaves undressed, please ask.*

Grilled Salmon

*Cajun spiced salmon with a lime and mango sweet chili dip served with spiced chipped potatoes and dressed mixed leaves**

£11.55

Seafood Risotto

With salmon flakes, white fish, crayfish tails, garden peas finished with a lemon and parsley gremolata

£12.55

Catch of the Day and Chips

Beer battered fish fillet served with hand-cut chipped potatoes, pea puree and homemade Tartare sauce

£10.25

** If you prefer your mixed leaves undressed, please ask.*

Side Dishes

£2.85 each

House Mixed Salad (Leaves, Cucumber, Tomatoes, Onions, peppers)

Tomato and Onion Salad

Mixed Leaves Salad

Garlic Ciabatta Bread

Garlic and Cheese Ciabatta Bread

Selection of Green Vegetable

Buttered Baby Potatoes

Hand Cut Chipped Potatoes

Spicy Hand Cut Chipped Potatoes

All the above can be served without dressing or on the side and with no added butter

House Salads

Greek Salad (v)*

Cos lettuce, pickled red cabbage, mixed olives, tomatoes, cucumber, feta cheese, extra virgin olive oil dressing served with pitta bread and hummus

£7.75

Fatoush Salad (v)*

A mixed leaves salad with fresh chili croutons, grilled Halloumi cheese, pine kernels served with a sweet chili dressing

£7.45

Classic Chicken Caesar Salad*

Grilled chicken, cos lettuce, ciabatta croutons, parmesan shavings, anchovies, dressed with a caesar dressing

£8.25

** Salads can be served without dressing or on the side*

Terrace pasta's

Spaghetti Bolognese

Traditional bolognese made with minced Aberdeen Angus beef and served with parmesan shavings and fresh basil leaves

£10.20

Spaghetti Napolitana (v)

Tomatoes, onions, garlic, parmesan shavings and fresh basil

£9.25

Spaghetti Carbonara

Smoked bacon, ham, parmesan and white wine cream sauce

£9.25

Chicken & Wild Mushroom Penne

Sautéed chicken, wild mushrooms and shallots in a white wine sauce, topped with Parma ham, wild rocket and parmesan shavings

£11.25

**wholemeal spaghetti available upon request for all pasta dishes*

Pizza's

	9"	12"
Margarita (v) <i>Mozzarella, mixed herbs, cheddar cheese, tomato sauce, fresh tomatoes</i>	£5.95	£7.15
Mediterranean (v) <i>Feta cheese, peppers, aubergine, olives, olive oil</i>	£7.15	£8.75
Five Cheeses (v) <i>Mozzarella, cheddar, Cornish Yarg, brie, blue cheese</i>	£7.15	£8.75
Pollo <i>Chicken, peppers, mushrooms</i>	£7.65	£9.15
Bolognaise <i>Bolognaise sauce, parmesan and basil</i>	£8.20	£9.75
Hawaiian <i>Ham, Pineapple</i>	£8.20	£9.75
Meaty <i>Chicken, Chorizo, pepperoni, salami, Parma Ham</i>	£8.95	£10.75
Duck <i>Shredded duck, spring onions, bean sprouts, Sesame seeds, hoisin sauce</i>	£8.95	£10.75
Seafood <i>Anchovies, tuna, prawns, crayfish</i>	£8.95	£10.75
Create Your Own	£5.95 +75p each	£7.15 +95p each

Toppings to choose from:

Garlic, mushroom, pineapple, rocket, pepper, jalapeno, olives, cheddar, feta, brie, yarg, blue cheese, chicken, chorizo, Parma ham, salami, pepperoni, prawns, crayfish, anchovy, tuna.