

# Terrace

Sea View Dining at Gwel an Mor

## LUNCH Served 12 - 5pm Served with salad and crisps

**Cornish Crab Sandwich** Subject to availability £9.00  
On granary bread

All melts are on toasted rustic sourdough

**Ham & Cheddar Melt** £9.00

**Davidstow Cheddar & Chutney Melt** £9.00

**Chicken & Chorizo Melt** £10.00

## TO BEGIN

**Selection of Bread and Marinated Olives** £7.00  
Bread from our local bakery and lemon infused olives

**Cornish Camembert with House Chutney** £9.50  
Baked and served with toasted farmhouse bread

**Salt & Pepper Squid** £9.00  
Lightly dusted squid served with saffron aioli

**Sesame Chicken Goujons with Thai Salad** £8.50  
Served with sweet chilli sauce

**Mussels of the Day** Ask the team £8.00  
Served with toasted farmhouse bread

**Nachos** £10.00  
Tortilla chips topped with melted cheddar and mozzarella, tomato salsa, jalapeño peppers, guacamole and sour cream

Add Cornish Crab £3.00 Add Pulled Beef Chilli £3.00

## VEGAN

**Falafel & Spinach Burger with Portobello Mushroom** £12.00  
Served on a brioche style bun, with skin on chips & red cabbage slaw

**Butternut Squash, Lentil & Cumin Wellington** £11.00  
Served with a house salad

**Roasted Pepper & Portobello Mushroom Pizza** £12.00

## PASTA & SALAD

**Chicken & Chorizo** £14.00  
Penne pasta with a cream and white wine sauce

**Caesar Salad** £10.00  
Gem lettuce, anchovies, parmesan and garlic croutons

**Caesar Salad with Chicken Breast** £13.00

**Caesar Salad with Cornish Crab** £15.00

## SIDES

Skin on chips £3.50 Red Cabbage Slaw £3.00

Sweet Potato Fries £4.00 Rustic Sourdough £3.00

Seasonal Vegetables £3.50 Garlic Bread

House Salad £3.00 Rustic Sourdough £4.00

Garlic Bread with Cheddar

Battered Onion Rings £3.00

## MAINS

**FISH** Locally and sustainably caught

**Seafood Linguine** £16.00  
Linguine with Cornish white fish, crab and mussels in a chilli and garlic cream

**Mussels of the Day** Ask the team £14.00  
Served with skin on chips

**Cornish Beer Battered Haddock** £13.00  
Skin on chips, pea purée and tartare sauce

**Cornish Dressed Crab** £16.50  
Served with skin on chips, salad, pickled cucumber and aioli

## FROM THE GRILL

All burgers are served on a brioche bun, with red cabbage slaw and skin on chips

**The Gwel an More Burger** £17.00  
Two 4oz chuck steak burgers layered with cheddar, bacon, gem lettuce & tomato, topped with onion rings

**Classic Cheeseburger** £12.00  
4oz chuck steak burger, cheddar, gem lettuce & tomato

**Butterflied Cajun Chicken Burger** £12.50  
Add Bacon, Davidstow Cheddar, or Cornish Blue £1.50 each

Upgrade to sweet potato fries for an extra £1.50

**Traditional Gammon, Peppered Egg & Chips** £13.00

**Rack of BBQ West Country Ribs** £16.00  
With skin on chips and red cabbage slaw

**8oz West Country Sirloin** £22.00  
Hand cut local sirloin steak served with skin on chips, battered onion rings, vine roasted tomatoes & Portobello mushroom

## PIZZA

12" Stone baked base with tomato sauce & mozzarella

**Margherita** £12.00  
Sundried tomatoes and rocket

**Roasted Pepper & Portobello Mushroom Pizza** £12.00

**American** £14.00  
Spicy pepperoni

**Cajun Chicken** £14.00  
With sweet peppers and red onion marmalade

**Hawaiian** £14.00  
Classic ham and pineapple

## CHILDREN'S MENU

Especially for our younger guests, 12 years and under. £6.00 for children's portions  
All served with carrot and cucumber sticks

**9" Margherita Pizza** Fish & Skin on Chips

**Pasta in Tomato Sauce** Chicken Salad

With grated Cornish cheese **Cheese Salad**

**Beef Burger & Skin on Chips**

**Chicken Strips & Skin on Chips**



## DESSERT

<b>Chocolate Box</b>	£6.00
Crispy almond biscuit base with thin chocolate meringue, covered with chocolate icing and a caramelized almond	
<b>Chocolate Orange Torte</b>   	£6.00
Chocolate brownie base topped with a chocolate filling & orange sauce	
<b>Sticky Toffee Pudding</b> 	£6.00
Served with toffee sauce	



<b>Eton Mess</b> 	£6.00
Raspberries, strawberries, whipped cream & meringue pieces with raspberry sauce	
<b>Cornish Ice Cream Special</b> 	£5.00
Selection of three scoops of Callestick ice cream	
<b>Cornish Cheeseboard</b> 	£9.00
Selection of local cheeses, biscuits and house chutney	
<b>Add Clotted Cream or Vanilla Ice Cream</b>	£1.00

## AFTERNOON TEA

£14.00

Selection of sandwiches, mini cakes, scones, Rodda's clotted cream and jam.  
Choice of St Pirans Tea or Cornish Coffee.

(Order required 24hrs in advance. Please let us know of any allergies or dietary requirements)

## CORNISH CREAM TEA

£6.95

Fruit & plain scones served with Rodda's clotted cream and jam.  
Choice of St Pirans Tea or Cornish Coffee.

## DRAUGHT LAGER, BOTTLED BEER

Peroni 330ml	£4.00
Corona 330ml	£4.00
Desperados 330ml	£4.50
Peroni Libera (alcohol free) 330ml	£4.00
Guinness Surger 520ml	£4.50
Coors Light half/pint	£2.50/4.50

## SOFT DRINKS

<b>Frobishers</b>	£3.00
Orange, Pineapple, Cranberry Juice 250ml	
<b>Healeys Apple Juice</b> 250ml	£3.00
<b>J20 Apple &amp; Mango, Apple &amp; Raspberry, Orange &amp; Passionfruit</b> 275 ml	£3.00
<b>Avalade Sparkling Apple/Elderflower</b> 250ml	£3.00

## HOT DRINKS

Americano	£3.20
Cappuccino	£3.20
Latte	£3.20
Flat White	£3.20
Espresso/Double Espresso	£2.50/3.20

## CORNISH BEVERAGES

<b>Offshore</b> half/pint	£2.75/£5.25
<b>Atlantic Pale Ale</b> half/pint	£2.70/£5.00
<b>Doom Bar</b> 500ml	£5.00
<b>Rattler Original (6%)</b> half/pint	£2.75/£5.25
<b>Rattler</b> 500ml	£5.00
Pear, Berry, Pineapple, Strawberry & Lime, Peach	
<b>Tarquin's Gin</b> 25ml	£4.00
Classic Cornish Dry, Strawberry & Lime, Blackberry, Pink Grapefruit & Elderflower, Rhubarb & Raspberry, Seadog, Cornish Pastis	

<b>Fentimans Ginger Beer/Rose Lemonade</b> 275ml	£3.00
<b>Priory Falls Water</b> Still or Sparkling 250/750ml	£1.90/£3.40
<b>Fever-Tree Tonic</b> 200ml	£3.00
Indian, Slimline, Mediterranean, Elderflower Sicilian Lemonade & Ginger Ale	
<b>Pepsi Max/Lemonade</b>	£2.00/3.00

<b>Hot Chocolate/Deluxe Hot Chocolate</b>	£3.20/4.00
<b>Pot of Tea</b>	£3.00
<b>Herbal Teas</b>	£3.00

 Vegetarian  Vegan  Gluten Free

There is a possibility of nut traces in all our dishes. If you require any information on the allergens in any of our dishes, please ask a member of staff who will be able to assist you with your choice. Gluten free options available, please ask a member of staff.

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