



Sea View Dining at Gwel an Mor

Terrace

TO BEGIN

- V** Selection of Bread and Marinated Olives £7.00
Bread from our local bakery and lemon infused olives
- V** Baked Camembert £9.50
Served with toasted sourdough and house chutney
- Maple & Sesame Chicken Skewers** £7.50
Maple & sesame marinated chicken skewers served with a rocket garnish and a sweet chilli dipping sauce
- Salt & Pepper Squid** £9.00
Tempura battered squid served with saffron aioli
- Scallops & Hogs Pudding** £10.50
Pan fried scallops and Cornish Hogs Pudding with a tomato and red onion salad and lemon oil
- V Vg** Soup of the Day £6.50
Served with toasted sourdough
- Nachos** £10.00
Tortilla chips topped with melted cheddar and mozzarella, tomato salsa, jalapeño peppers, guacamole and sour cream
- Add Pulled Beef Chilli £3.00 Add Cornish Crab £6.00

VEGAN

- V Vg** Bangkok Bad Boy Burger £14.00
Chickpea, sweetcorn, red pepper, carrot & soya bean patty in red lentil, cumin and black onion seed crumb served in a brioche style bun with gem lettuce and tomato
- V Vg** Thai Fusion Rice £12.50
Rice with a mix of carrot, spring onion, green beans, red peppers, chilli, garlic, ginger, lemongrass, lime and coriander
- V Vg** Fishless Fish & Chips £13.00
Fish free fillets coated in a salt and vinegar batter, skin on chips, peas and a vegan tzatziki
- V Vg** Roasted Pepper & Portobello Mushroom Pizza £13.00

PASTA & SALAD

- V** Thai Fusion Noodles £17.00
Noodles with a mix of carrot, spring onion, green beans, red peppers, chilli, garlic, ginger, lemongrass, lime and coriander with your choice of - Chicken, Beef or Tiger Prawns
- Bacon Mac'n'Cheese** £12.00
Creamy Mac'n'Cheese with bacon and toasted panko crumb
- Caesar Salad** £10.00
Gem lettuce, anchovies, parmesan and garlic croutons
- Add Chicken £3.00 Add Cornish Crab £6.00

SIDES

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|--------------------|-------|---|-------|
| Skin on chips | £3.50 | Red Cabbage Slaw | £3.00 |
| Sweet Potato Fries | £4.00 | Rustic Sourdough | £3.50 |
| Mac 'N' Cheese | £4.00 | Garlic Bread | |
| House Salad | £3.00 | Rustic Sourdough Garlic Bread with Davidstow Cheese | £4.50 |
| | | Battered Onion Rings | £3.00 |

MAINS

FROM THE SEA Locally and sustainably caught

- Cornish Beer Battered Haddock** £16.00
Served with Skin on Chips, Pea Puree and Tartare Sauce
- Grilled Cornish Sole** £19.00
Served with a prawn and saffron butter, roasted Cornish potatoes and seasonal greens
- Korean Salmon** £17.00
Grilled salmon fillet in a Korean spiced marinade. Served with rice, Asian salad and a sesame and seaweed butter

FROM THE LAND

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

- The Gwel an More Burger** £18.00
Two 4oz chuck steak burgers layered with Monterey Jack cheese, bacon, gem lettuce & tomato with a bacon & maple relish, topped with battered onion rings
- Classic Cheeseburger** £13.50
4oz chuck steak burger, Monterey Jack cheese, gem lettuce, tomato and a bacon & maple relish
- Katsu Chicken Burger** £16.00
Breaded chicken fillet, pickled slaw and crispy onions topped with a Katsu sauce
- Add Bacon, Monterey Jack Cheese, Cornish Blue or Mac'n'cheese £1.50 each
- 8oz Gammon Steak** £16.00
Topped with a fried egg and roasted pineapple, served with skin on chips
- Rack of West Country Ribs** £20.00
With skin on chips, battered onion rings and red cabbage slaw
- Trio of West Country Sausages** £15.00
Served with chive & olive oil mash, tenderstem and a rich red onion gravy
- 8oz West Country Sirloin** £26.00
Hand cut local sirloin steak served with skin on chips, battered onion rings, vine roasted cherry tomato & Portobello mushroom
- Add Pink Peppercorn or Diane Sauce £2.50 each

PIZZA

12" Stone baked base with tomato sauce & mozzarella

- V** Margherita £13.00
Sundried tomatoes and rocket
- V** Roasted Pepper & Portobello Mushroom £13.00
- Pepperoni** £15.00
- Hawaiian** £15.00
Classic ham and pineapple
- Cajun Chicken** £16.00
With sweet peppers and red onion marmalade



LUNCH

Served 12 - 5pm Served with salad and crisps

All sandwiches are on sourdough bread

Prime Fish Finger Sandwich	Fish fingers, rocket & tartare sauce	£9.00
V Vg Fishless Finger Sandwich	Fish free fingers, rocket & tartare sauce	£9.00
Cornish Crab Sandwich	Subject to availability	£16.00
Coronation Club Sandwich		£12.00
Coronation Chicken, Sunblushed Tomato & Bacon Sandwich served with skin on chips		
All melts are on toasted sourdough		
V Tomato, Basil & Mozzarella Melt		£9.00
Steak, Blue Cheese & Red Onion Marmalade Melt		£12.00

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

V 9" Margherita Pizza		
V Pasta in Tomato Sauce	With grated Cornish cheese	
Beef Burger & Skin on Chips		
Chicken Nuggets & Skin on Chips		
Battered Fish & Skin on Chips		
V Vg Veggie Nuggets & Skin on Chips		
Sausage & Chips		
V Mac 'N' Cheese		

DESSERT

V Cornish Ice Cream Selection		£5.00
Selection of three scoops of Callestick ice cream		
V Vg gf Raspberry Frangipane Tart		£6.50
Gluten free pastry base filled with raspberry jam & almond frangipane topped with raspberries & almond flakes		
V Vg gf Chocolate Orange Torte		£6.50
Chocolate brownie base topped with a chocolate filling and orange sauce		

V Homemade Sticky Toffee Pudding	Served with toffee sauce	£7.00
V Apple & Blackberry Crumble		£6.50
V Chocolate Fudge Cake	Served warm	£6.50
V Cornish Cheeseboard		£9.00
Selection of local cheeses, biscuits and house chutney		
Add Clotted Cream, Vanilla Ice Cream or Vanilla Custard		£1.00 each

AFTERNOON TEA

£18.00

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	£4.50
Corona 330ml	£4.25
Desperados 330ml	£5.00
Peroni Libera (alcohol free) 330ml	£4.00
Guinness Surger 520ml	£5.25
Coors half/pint	£2.75/£4.75

CORNISH BEVERAGES

Offshore half/pint	£2.90/£5.35
Atlantic Pale Ale half/pint	£2.75/£5.15
Doom Bar 500ml	£5.25
Rattler Original (6%) half/pint	£2.75/£5.25
Rattler 500ml	£5.25
Pear, Berry, Pineapple, Strawberry & Lime	
Tarquin's Gin 25ml	£4.00
Classic Cornish Dry, Strawberry & Lime, Blackberry, Blood Orange, Rhubarb & Raspberry Pink Grapefruit & Elderflower, Cornish Pastis, Yuzu & Lime, Hopster	

SOFT DRINKS

Frobishers	£3.25
Orange, Pineapple, Apple, Cranberry Juice 250ml	
J20 275ml	£3.25
Apple & Mango, Apple & Raspberry, Orange & Passionfruit	
Appletiser 275ml	£3.25
Bottle Green Sparkling Elderflower Presse 275ml	£3.25

Fentimans Ginger Beer/Rose Lemonade 275ml	£3.25
Priory Falls Water Still or Sparkling 250/750ml	£2.00/£3.50
Fever-Tree Tonic 200ml	£3.00
Indian, Slimline, Mediterranean, Elderflower Sicilian Lemonade & Ginger Ale	
Pepsi Max/Lemonade	£2.00/£3.00

HOT DRINKS

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

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

V Vegetarian **Vg** Vegan **gf** 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.

