

THE HARBOUR INN

Please let a team member know if you have any dietary requirements or allergies.
A separate menu with information about dishes containing wheat and gluten is available.*

STARTERS

- Soup of the Day** herb croutons, bread and butter. (v) £6.50
- Fresh West Country Mussels** white wine and cream sauce, warm ciabatta. £8.00
- Chicken Liver Parfait** caramelised onion chutney, toasted ciabatta. £7.00
- Warm Pitta and Houmous** olives, cucumber, sun-blushed tomato. (vg) £6.50
- Deep-Fried Cornish Camembert** chilli jam, crostini. £8.00
- Atlantic Prawn Cocktail** shredded lettuce, cucumber ribbons, seafood sauce, lemon, granary bread and butter. £8.00

MAINS

- Atlantic Cod Deep-Fried in Tribute Ale Batter** chips, mushy peas, Cornish seaweed salt. £13.50
- West Country Cheese Burger** 6oz burger, Monterey Jack cheese slice, pickled red onion, homemade burger mayo, lettuce, fries. £13.00
- Thai Yellow Vegetable Curry** selection of vegetables and potato in our homemade Thai yellow curry sauce with steamed rice. (v/vgo) £13.00
- Falafel and Squash Salad** warm beetroot falafels, butternut squash, mixed leaves, tomato, sweet beetroot, cucumber, cranberries, pomegranate, pumpkin seeds. (vg) £12.00
- Smoked Haddock and Mussel Chowder** poached egg, ciabatta. £13.00
- Tribute Ale Sausage Ring** wholegrain mustard mash, greens, onion gravy. £12.00
- Golden Wholetail Scampi** chips, garden peas, tartare sauce. £12.00
- Steak and Gem Ale Pie** mashed potato, seasonal greens, onion gravy. £13.00
- Thai Yellow Chicken Curry** homemade curry sauce, red peppers, mangetout, steamed rice, homecooked prawn crackers. £14.50

DESSERTS

- Sticky Toffee Pudding** rich toffee sauce, salted caramel ice cream. (v) £6.00
- Triple Chocolate Brownie** raspberry coulis, Cornish clotted cream. £6.00
- Winter Berry Mess** meringue shards, Chantilly cream, winter fruits, chocolate sauce. £6.00
- Treleavens Ice Cream** chocolate, strawberry, vanilla or salted caramel. (v) £2.00 per scoop
- Cornish Sea Salt Chocolate Truffle Torte** spiced ginger base, clotted cream, fruit coulis. £6.00

SANDWICHES AND WRAPS

- Available from 12-5pm. Served with salad garnish and crisps.
- Atlantic Prawns** seafood sauce, crisp lettuce. £8.00
- Southern Fried Chicken Wrap** crisp lettuce, cheese slice, mayo. £7.50
- Sliced Cornish Yarg** Tribute ale chutney. £7.50

SIDES

- Chips (vg) £3.50 / Fries (vg) £3.50 / Cheesy Chips (v) £4.50
- Side Salad (vg) £3.50 / Seasonal Vegetables (vg) £4.00
- Garlic Bread (vg) £3.00
- Invisible Chips - 0% Fat, 100% Hospitality £2.00**

(v) vegetarian / (vo) vegetarian option / (vg) vegan / (vgo) vegan option.
*Information about all other allergens is recorded and available upon request.
Please note we take steps to minimise the risk of cross-contamination when preparing your food, however we do not have specific allergen-free zones in our kitchens. If you would like further information on our preparation methods, please ask one of our team members.

This is a recyclable, single-use menu printed on 100% recycled paper.

**All proceeds raised from invisible chips sales will be donated to Hospitality Action, which is helping people in hospitality worst affected by the Covid crisis. Thanks for chipping in.

Visit hospitalityaction.org.uk for more details.