

## First Courses

<b>Pan fried Cornish scallops + ginger + soy + coriander + lime glaze</b>	<b>£13.95</b>
The above scallops are landed on the south coast and are served when possible with the roe for its texture	
<b>Cornish Fowey mussels + shallots + garlic + white wine + cream + lemon</b>	<b>£8.25</b>
	<b>Large £13.95</b>
<b>Shell on Tiger prawns + butter + garlic + Chilli + lemon + leaves</b>	<b>£8.95</b>
<b>Our own thick cut gravalax + pickled ginger + wasabi</b>	<b>£ 8.95</b>
Gravalax is a side of Scottish salmon which we have cured at Trehellas using salt + fresh dill + lemon + seasoning + lime + French mustard	

## Main courses fish & shellfish (our fish is delivered daily from St Ives, Looe, Newlyn or Padstow)

<b>Bouillabaisse- Cuts of fish + shellfish + Gambas + scallops + saffron + bread + tomato + white wine</b>	<b>£23.50</b>
<b>Dressed Padstow crab + mixed leaves + dressing + new Cornish buttered potatoes</b>	<b>£17.95</b>
<b>Cornish wild Seabass fillet + shellfish + saffron + white wine + herb broth + crushed new potatoes</b>	<b>£19.95</b>
<b>Fish grill – Sardine, + cod + Gurnard + Sea bass fillet + Gambas + Scallops + beure rouge + spinach</b>	<b>£24.95</b>
<b>Baked wild Cornish cod + herb crust + mushroom &amp; leek linguine + roasted red pepper jus</b>	<b>£19.25</b>

## Meat dishes Vegetables are included with the following meat dishes.

<b>Haunch of wild Cornish Venison steak + roasted shallots + red wine &amp; thyme jus + spinach + garlic creamed potatoes</b>	<b>£20.95</b>
<i>In the 1760s and 1770s a venison club was held at Trehellas, where neighbouring gentry dined several times a year, facts and incidents at the club are recorded in the parochial history of the Deanery of Trigg Minor of 1876.</i>	
<b>Roasted fillet of aged Cornish beef + pancetta + wild mushrooms + Cornish blue gratin + walnuts + herb crushed Cornish new + cherry tomatoes</b>	<b>£21.75</b>

## Desserts

Please also see our table d'hôte menu

<b>Yarg + Cornish smoked + Menallack farmhouse + St Endellion Brie + Cornish blue + Celery + our own chutney + grapes + Devon, handmade biscuits</b>	<b>-£8.25</b>
<b>Trio of Callestick Farm ice cream- orange &amp; mascarpone + white chocolate &amp; raspberry ripple + hokey pokey</b>	<b>-£5.75</b>
<b>Trio of Callestick farm sorbets- raspberry + mango + lemon</b>	<b>-£5.75</b>
<b>Fresh fruit salad + Bradley's farm pouring cream</b>	<b>-£6.50</b>

**Head chef Tim Parsons**

**Fish for Thought & Celtic Fish & Game supply our fish daily from around Cornwall. Our meat is Cornish and is supplied by Gary Dutton of Wadebridge, dairy & eggs direct from the farm**

All seafood is subject to availability; even in these modern times the fishing boats may not always be able to leave port, sometimes for many days. All dishes are cooked from scratch, if you are catching a bus, a train or cycling the Camel trail, please advise us. To our knowledge the food served has not been genetically modified; neither have the staff or hotel owners. The food on this menu may contain nut products, or nut oils that may have fallen off container or cruise ships in the past year. Fish may contain bones, (except jelly fish and most shell fish) this may cause choking, please seek a member of staff should this happen. Please do not eat the shells as this may cause teeth to shatter and again may cause choking.