

# *The Turks Head*

## *Spring/Summer Menu 2018*

*Lunch only – Served daily 12 – 2.30*

*(Our full menu and daily specials are also served)*

*We try to accommodate guests with allergies, please do not hesitate to ask a member of staff or Chef.*

*Selection of freshly made sandwiches served on sliced white, granary or warm Bara Galega.*

<i>Fresh Newlyn Crab, lemon mayo, little gem.</i>	<i>9.95</i>
<i>Prawn Marie Rose, rocket.</i>	<i>8.95</i>
<i>Peppered chicken breast, bacon, guacamole, little gem.</i>	<i>8.95</i>
<i>Classic B.L.T.</i>	<i>6.95</i>
<i>Home smoked Mackerel, horseradish crème fraiche.</i>	<i>7.95</i>
<i>Davidstow Cheddar, Cornish chutney.</i>	<i>7.95</i>
<i>Fried minute steak, caramelised sweet red onion, blue cheese</i>	<i>8.95</i>
<i>Cajun chicken, sweet paprika mayo</i>	<i>7.95</i>
<i>Honey glazed ham, coarse grain mustard</i>	<i>6.95</i>

*All sandwiches can be served on gluten free bread.*

*Please Ask.*

*Please be patient during busy periods, all food is cooked fresh and to order.*

*Please taste your food before adding seasoning as all produce is fresh and seasoned in our kitchen*

## *Starters and Light Bites*

*We try to accommodate guests with allergies, please do not hesitate to ask a member of staff or Chef.*

<i>Today's' freshly made soup, served with crusty baguette.</i>	<i>5.35</i>
<i>Bouillabaisse – Classic seafood and tomato broth served with red pepper aioli and crusty bread.</i>	<i>sml 7.95 Lg 10.95</i>
<i>Pickled seasonal beetroot and crumbled goats cheese salad, mint dressing, granary melba croute.</i>	<i>5.95</i>
<i>Cornish home smoked Mackerel, mussel and prawn thermidor, glazed in a brandy and Davidstow sauce, topped with a parmesan and herb crumb.</i>	<i>9.95</i>
<i>A plate of black forest ham, sweet baby bell peppers, dressed rocket, parmesan shavings, balsalmic glaze</i>	<i>8.95</i>
<i>King prawn and avocado cocktail, smoked paprika mayonnaise, little gem and watercress with granary bread.</i>	<i>8.95</i>
<i>Fresh Newlyn crab salad, lemon Mari rose granary bread.</i>	<i>Sml 8.95 Lg 13.95</i>
<i>Whole baked Cornish Miss Wenna, green tomato chutney, crostini (good to share)</i>	<i>9.95</i>
<i>Spicy Cajun chicken goujons, sweet chilli sauce</i>	<i>7.95</i>
<i>Harissa fish goujons in little gem cups</i>	<i>8.95</i>

## *Nibbles and Sides*

***£3.95 Each***

*Homemade Hummus and Crostini*

*Mini Caesar Salad*  
*Fresh Anchovies on toast*  
*Home marinated mixed olives and crusty bread*

**£2.95 Each**

*Fresh crusty bread*  
*Seasonal vegetables*  
*Skin on chips*  
*Dressed mixed leaves*  
*Onion rings*  
*Garlic bread*

**£4.95 Each**

*Cheesy chips*  
*Cheesy chilli chips*  
*Garlic bread with Davidstow cheddar or Cornish blue.*  
*Garlic bread with Davidstow cheddar and pickled jalapenos*

## *Favourites*

*We try to accommodate guests with allergies, please do not hesitate to ask a member of staff or Chef.*

*Slow braised Lamb Shoulder from Redruth, on a lightly spiced cous – cous, apricots and pine nuts, roasted courgettes, buttered peas and a red pepper jus.* 13.95

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*Cornish Seafood Pie – a selection of fresh and smoked local fish and shellfish in a lemon and dill veloute topped with mashed potato and Davidstow cheddar served with dressed leaves and crusty baguette.* 13.95

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*Confit Cornish duck leg, sweet potato mash, buttered spring greens, orange and red wine glaze* 12.95

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*Catch of the day – Fresh Newlyn landed fish in our own Turks Head ale batter, skin on chips homemade tartare sauce buttered garden peas.* Small 9.95  
Large 14.95

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*Red lentil, Mediterranean vegetable and butternut Moussaka layered with roast Aubergine and Davidstow cheddar sauce topped with a parmesan glaze, served with dressed leaves and garlic bread.* 11.95

*Fresh seafood Linguini – Pasta tossed with fresh Cornish mussels clams and king prawns, in a spiced tomato sauce, parmesan, rocket.* 14.95

*Traditional ploughman's, Davidstow cheddar, tomato, pickled onion, leaves, green tomato chutney, crusty bread* 9.95

## *From the Grill*

*All out Steaks are 28 days matured Cornish Beef from Etheringtons Butcher near Redruth.*

*Served with balsamic cherry tomatoes, button mushrooms,  
homemade onion rings, dressed leaves and skin on chips.*

*6oz Cornish Rump 13.95*

*10oz Cornish Rump 16.95*

*Add one of our delicious steak sauces.*

*Port and Mushroom*

*Peppercorn 2.50*

*Brandy and Blue Cheese*

*Garlic and Dijon Mustard Cream*

*Homemade Burgers – All serves in a lightly spiced Brioche Bun with  
skin on chips.*

*8oz Steak Burger – Cornish prime minced steak, Monterey Jack, little gem, tomato, onion ring gherkin and tomato salsa. 12.95*

*Crispy Halloumi Burger, little gem tomato, gherkin, lightly spiced hummus, onion ring. 10.95*

*Turkey and Courgette Burger, little gem, tomato, gherkin coleslaw, onion ring. 11.95*

*Deep fried crispy Seafood Burger, little gem tomato, gherkin, tartare sauce, onion ring. 12.95*

**PLEASE LOOK TO OUR SPECIALS BOARD FOR  
MORE EXCITING CHOICES**

We will endeavour to serve you as quickly as possible, if you are in a hurry please advise your waiter. Please be patient during busy times as all our food is cooked fresh to order.

Please taste your food before adding seasoning as all produce is fresh and seasoned in our kitchen.

much of our menu can be adapted to suit most needs

We try to accommodate guests with allergies and specific dietary needs please do not hesitate to ask a member of staff or the chef

we have no specific children's menu as we can adapt most of our menu to small portions for children

## **HEALTHY OPTIONS**

FOR THOSE LOOKING TO COUNT THE CALORIES WE HAVE SELECTED A FEW OPTIONS WHICH WE HAVE CALCULATED THE CALORIE COUNT

OUR DAVIDSTOW CHEESE IS VEGETARIAN FREINDLY

### **OPEN SANDWICH**

topped with grilled chicken and avocado –  
(can be served on gluten free bread) (212kal) 8.95

### **FISH OF THE DAY—**

grilled fresh Newlyn landed fish, garden peas, tartare Sauce  
(made with low fat mayo and natural yoghurt) with oven baked  
potato wedges..(640kal) (GF) 9.95

### **VEGETARIAN**

roasted pepper stuffed with fragrant cous cous topped with grilled  
halloumi, courgette ribbons and rocket leaves (GF)

SMALL-6.95 (110kal) LARGE-12.95 (240kal)

### **BURGER**

Pan fried turkey burger-mixed with grated courgette, topped with  
low fat mozzarella in a toasted wholemeal bun , served with low fat  
mayo and yoghurt coleslaw. (605kal or 348kal without the bun)

12.95

### **SALAD**

home smoked local mackerel salad , horseradish crème fraiche

11.95 (840kal) (GF)

## **LIST OF OUR LOCAL PURVEYORS AND SUPPLIERS**

FRESH FISH AND SEAFOOD-----STEVENSONS, NEWLYN

SEAFAYRE CUISINE, CROWLAS

CRAIG TONKIN, NEWLYN  
FRESH CORNISH MEAT -----BRIAN ETHRINGTON,REDRUTH  
TREVARTHENS,CAMBORNE  
TREGAGLES,TRURO  
SPECIALITY GOODS -----CELTIC FISH AND GAME,STIVES  
DAIRY INCLUDING SPECIALTY CHEESE-----  
RODDAS CREAMERY,SCORRIER  
FRUIT AND VEGETABLES-----THORNES OF PENZANCE  
POLGOON WINES  
ST AUSTEL BREWERY  
ST IVES BREWERY  
SKINNERS BREWERY TRURO