

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.

Fresh Newlyn Crab, lemon mayo, little gem. 9.95

Prawn Marie Rose, rocket. 8.95

Peppered chicken breast, bacon, guacamole, little gem. 8.95

Classic B.L.T. 6.95

Home smoked Mackerel, horseradish crème fraiche. 7.95

Davidstow Cheddar, Cornish chutney. 7.95

Fried minute steak, caramelised sweet red onion, blue cheese 8.95

Cajun chicken, sweet paprika mayo 7.95

Honey glazed ham, coarse grain mustard 6.95

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.

*Today's' freshly made soup, served with 5.35
crusty baguette.*

*Bouillabaisse – Classic seafood and tomato broth sml 7.95 served with
red pepper aioli and crusty bread. Lg 10.95*

*Pickled seasonal beetroot and crumbled goats cheese 5.95 salad, mint
dressing, granary melba croute.*

*Cornish home smoked Mackerel, mussel and prawn 9.95 thermidor,
glazed in a brandy and Davidstow sauce, topped with a parmesan and
herb crumb.*

*A plate of black forest ham, sweet baby bell peppers, dressed rocket,
parmesan shavings, balsalmic glaze 8.95*

*King prawn and avocado cocktail, smoked paprika 8.95 mayonnaise,
little gem and watercress with granary bread.*

*Fresh Newlyn crab salad, lemon Mari rose granary bread. Sml 8.95
Lg 13.95*

*Whole baked Cornish Miss Wenna, green tomato chutney, crostini
(good to share) 9.95*

Spicy Cajun chicken goujons, sweet chilli sauce 7.95

Harissa fish goujons in little gem cups 8.95

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

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

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

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

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 12.95 Jack, little gem, tomato, onion ring gherkin and tomato salsa.

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

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

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

PLEASE LOOK TO OUR SPECIALS BOARD FOR MORE EXCITING CHOICES

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

SPECIALLITY 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

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