

The Turks Head

Autumn/winter Menu 2018

Lunch offerings – Served daily 12 – 2.30

(Our full menu and daily specials are also served)

We try to accommodate guests with allergies and different dietary needs if in doubt please do not hesitate to ask a member of staff or Chef.

Selection of freshly made sandwiches served on sliced white, granary or warm wholemeal hoagie

Fresh Newlyn Crab, lemon mayo, little gem. (When available)

10.95

Salad Prawns in a Marie Rose Sc, rocket.

8.95

Peppered chicken breast, guacamole, citrus mayo, little gem.

8.95

Classic B.L.T. grilled bacon, sliced tomato and lettuce ,mayo

7.95

Pulled tender barbeque pork with piccalilli and rocket.

8.95

(V) Davidstow Cheddar, Cornish chutney.

7.95

Strips of Cornish rump Steak and blue cheese

9.95

Home baked ham with a coarse grain mustard mayo and salad

8.95

We may be able to serve sandwiches on gluten free bread.

our Davidstow cheese is vegetarian

We get very busy, please be patient during busy periods as 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

The Turks Head

Autumn/Winter Menu 2018

Starters and Light Bites

We try to accommodate guests with allergies and different dietary needs if in any doubt please do not hesitate to ask a member of staff.

Today's' freshly made soup, served with crusty bread

5.35

Bouillabaisse – Classic seafood and spicy tomato broth served with sweet red pepper aioli and crusty bread.

Small 8.95 Large 13.95

Pan fried tiger prawns in a sweet chilli sauce scented with coriander served with crusty bread.

7.95

Cornish home smoked salmon, topped with a hollandaise, sauce, with breadcrumb and cheese crust, served with dressed rocket leaf.

9.95

Black Forest ham, served with sweet baby bell peppers with a roasted garlic and sweet paprika mayo served on a bruschetta

8.95

Classic prawn cocktail, topped with a guacamole and smoked paprika mayonnaise, crisp little gem and watercress with granary bread.

7.95

whole baked Miss Wenna -good to share-

8.95

Fresh Newlyn crab salad, lemon Marie rose granary bread. (When available)

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Nibbles and Sides

Homemade Hummus and Crostini

Mini Caesar Salad

Fresh Anchovies on toast

£3.95 Each

Home marinated mixed olives and crusty bread

Fresh crusty bread

£2.95 Each

Seasonal vegetables

Skin on chips

Dressed mixed leaves

Onion rings

Garlic bread

£3.50 Each

Cheesy chips

Cheesy chilli chips

Garlic bread with Davidstow cheddar or Cornish blue.

Garlic bread with Davidstow cheddar and pickled jalapenos

£4.95 Each

Favourites

We try to accommodate guests with allergies and dietary needs please do not hesitate to ask a member of staff.

Traditional pork and leek sausages in a rich red wine and sweet red onion gravy on a bed of mash potato.

9.95

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

14.95

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 12.95 Large 14.95

Red lentil, Mediterranean vegetable and butternut Moussaka layered with roast Aubergine and Davidstow cheddar cream sauce, served with dressed leaves and garlic bread.

11.95

Traditional beef lasagne served with garlic bread and mixed leaves

9.95

Gammon steak served with fried egg and skin on fries.

8.95

Lemon chicken served on a roasted red pepper and chorizo, chick pea stew.

12.95

Slow braised Lamb Shoulder, on a lightly spiced cous cous, apricots compote and toasted pine nuts, roasted courgettes and a sweet red pepper jus.

14.95

From the Grill

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

Served with grilled tomatoes, mushrooms, homemade onion rings, dressed leaves and skin on chips.

6oz Cornish Rump.

13.95

10oz Cornish Rump.

17.95

Add one of our delicious steak sauces.

Port and Mushroom

Peppercorn

Brandy and Blue Cheese

Garlic and Dijon Mustard Cream

2.95

Homemade Burgers – All served in a lightly toasted 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

Barbeque pulled pork burger, little gem tomato, served with a fresh piccalilli.

11.95

Roast cod steak burger, little gem. tomato, tartare sauce, onion ring

11.95

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

We get very busy, 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 if you are in any doubt please do not hesitate to ask a member of staff.

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

Bruschetta

topped with grilled chicken and avocado –
(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)

9.95

VEGETARIAN

Roasted pepper stuffed with fragrant cous cous topped with grilled
halloumi, courgette ribbons and rocket leaves

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 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 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

