

# Penmere Manor Restaurant

## Spring 2025

### Nibbles

Mixed olives & sun blushed tomatoes (VE)	£4.25
Homemade breads, balsamic oil (V)	£4.25
Halloumi fries, garlic dip (V)	£4.25
Baba ghanoush, vegetable sticks (VE)	£4.25

### To Start

Homemade soup of the day, crusty roll	£7.50
Griddled asparagus, raspberry poached egg, parmesan (V)	£7.50
Heritage tomatoes, Helford white cheese, beetroot balsamic (V)	£7.00
Cornish scallops, pea velouté, pancetta crisps	£9.50
Smoked Mackerel, pickled fennel salad	£7.50
Curried chicken, mango salsa	£7.50
Breaded spicy prawns, cherry vine tomato compote	£8.50

### Local Sourcing

We work closely with local suppliers, farmers & fishermen to buy the freshest seasonal produce available.

We are proud to work in partnership with: RJ Trevarthens, Westcountry fruit & vegetables, Celtic fish & game, Mounts Bay dairy, Colin Carter eggs to name a few

### Main Event

Cornish hake, wild mushrooms, spinach, onion & pinenuts, gaufrette potato	£17.25
Medallion of lamb breast, lamb kofta lamb croquette, minted sugar snaps	£18.00
Corn fed chicken, Parisienne potatoes, vegetable ribbons, smoked butter pan juices	£16.50
Grilled whole plaice, beurre noisette, Cornish new, asparagus	£16.95
Fillets of sole, spring vegetable broth	£16.50
Griddled pork loin steak, crackles, dauphinoise, tenderstem	£16.50
Stir fried duck confit, oriental spiced vegetables, egg noodles	£18.00

### Steaks

Trevarthens 28-day 8oz griddled steaks Served with chips, mushrooms & tomato	
Ribeye	£28.00
Sirloin	£26.00
Rump	£22.50
Add a sauce Peppercorn/Diane/Garlic/Blue Cheese	£3.00

All our food is cooked freshly to order. A waiting time of approximately 15 minutes is to be expected for Chef to prepare your meal.

Please be aware some dishes may contain nuts. We do not knowingly use genetically modified food products

All prices shown are inclusive of VAT but not service. Gratuities are at your discretion