



THIS WEEK IS ENGLISH WINE WEEK! ACROSS THE PIGS WE HAVE A BIT OF LOVE AFFAIR WITH WINE AND A PHILOSOPHY THAT WINE SHOULD NEVER BE AN AFTERTHOUGHT! PARTNERED WITH OUR OBSESSION FOR ALL THINGS HOME-GROWN AND LOCAL, AN INTRIGUE AND EXCITEMENT FOR WINE PRODUCED ONLY A MATTER OF MILES FROM EACH OF OUR PIGS HAS HAD A MASSIVE INFLUENCE ON OUR WINE LISTS. IT IS A GREAT OPPORTUNITY TO TRY SOMETHING TOTALLY DIFFERENT OR FIND A NEW FAVOURITE - JUST ASK OUR SOMMELIERS

25 MILE MENU

GARDEN BITS - £4.50

Salt & Vinegar Crispy Cavolo Nero
Mushroom House Risotto Balls

PIGGY BITS - £4.50

'Middlewhite' Pork Belly & Sweet Chilli
'Tamworth' Crackling & Apple Sauce

FISHY BITS - £4.50

Fish Fingers & Rubies Ketchup
Dab Skewers & Kea Plum Shallot Dressing

GARDEN, GREENHOUSE & POLYTUNNEL

'A selection of our plant-based dishes, mostly picked this morning'

Elephant Garlic Soup
Toasted Pumpkin Seeds & Nasturtium Dressing £7.50

'Milan' Turnip Carpaccio
Dizzard's 'Hollan' & Chive Gremolata £9/£18

'Bed B' Ramrod Onions
Roast Lemon Dressing & Pickled Harlyn House Quail Eggs £9/£18

Graffiti Cauliflower
Oregano Mayo & Pickled Mora Farm White Currants £9/£18
Pinot Noir Rosé, 'Railway Hill' Simpson's, Kent 2021 - £9.75

OTHER STARTERS

Cured Port Isaac Monkfish
Foraged Elderflower, Trewithen Yoghurt & Wye Valley Gooseberries £16
Bacchus, Camel Valley, Cornwall 2021 - £11.25

Fish Buoys Crab Salad
Ross's Courgettes & Brown Crab Dressing £14

A Pinch of Salt's 'Homegrown' Cured Meats
Garden Pickles & Last Year's Pumpkin Ketchup £11/£22

'OUR' Cornish Black Ham Fritters
Pickled Red Cabbage & Par-Cel Mayo £10/£20

Crispy Porthilly Rock Oysters
Garden Chive Sour Cream & Pickled Rock Samphire £16

James Golding's Chimney Smoked Loch Duart Salmon
Pickled Cucumber & Willy's Cider Dressing £11/£22
Sparkling Pinot Noir Rosé Brut, Camel Valley, Cornwall 2018 - £14.75

CORNISH FARMS & ATLANTIC WATERS

Summer Truffle Risotto
Cornish Kern & Truffle Oil £26
White Pinot Noir, Litmus, Sussex 2017 -
£12.50

'Middlewhite' Pork Loin
Red Baron Onion, Gooseberry & Elderflower Sauce
£25

'Karen Of Ladram' Hake
Ross's Courgettes & Crispy Pancetta £26
Chardonnay, Danbury Ridge, Essex 2018 - £13

Braised 'Stuttgart' Onion Steak
Mixed Herb Salad & Peppercorn Mayo £19

James Foote's Chicken Breast
Mr Bartlett's Chorizo & 'Reddy' Onions £27
Pinot Noir Précoce, Flint Vineyard, Norfolk 2021 -
£11.75

George Cleave's Red Mullet
Foraged Sea Beets & Basil Mayo £32

Chargrilled Kohlrabi
Garden Pea Dressing & Herbed Ricotta £18

Philip Warren's 10oz Sirloin Steak
Thrice Cooked Chips & Peppercorn Sauce £33

Whole Lemon Sole (On the Bone)
Sea Shore Veg & St Austell Cockles £34

GARDEN SIDES - £4.25

Ross's Mizuna Salad
Charred Harlyn House Kohlrabi
Cornish New Potatoes & Seaweed Salt

Garden Onions & Toasted Hazelnuts
P.K.G Courgettes, Lime & Soy Dressing
Tobacco Onions

Thrice Cooked Chips
Red Baron Onion & Kernow Goatlloumi
Buttered Garden Greens

Kitchen Garden, Cornish Coast & Countryside

Enclosed by three sides of Cornish slate wall dating back to 1831, this Kitchen Garden has been growing food for almost 200 years and was heavily overgrown from years of neglect. Andy and the Kitchen Garden team have lovingly restored it and will work year round to keep it flourishing with vegetables, fresh salads and herbs - we are even growing our own rock samphire, sea kale and sea beet.

Adam, our Head Chef, and his brigade work hand in hand with the Kitchen Gardeners to create our 25-mile menu - daily garden pickings and produce from local farmers, small producers and fishermen who supply anything that we cannot grow, produce or catch ourselves.

Fresh Kitchen Garden food, true to the seasons and influenced by our surroundings with a real focus on simple flavours.

Greenhouse and Polytunnels

These are both our nurseries and also a place to experiment with lots of specialist plants. We have heated beds and growing lights to produce the right environment for year round production.

Smoke House

We smoke our salmon on site in the Smoke House in the Kitchen Garden and the Smokery in the Scullery with a blend of honey, white pepper, lemon, sea salt and oak. Our salmon comes from Loch Duart in the Scottish Highlands, from Scotland's oldest independently run salmon farm where salmon are hand reared from egg to harvest. A Certified Freedom Food, we can be sure that the salmon we serve comes from a sustainable and well managed source. No synthetic colorants, no antibiotics and no antifoulants, just top-quality natural salmon.

Mushroom House

Our Kitchen Garden team maintain and upkeep our mushroom house, complete with its own viewing window. We love oyster mushrooms but we plan to have a go with all sorts of varieties!

Fruit Cages

In the Kitchen Garden we have two fruit cages. This will produce an abundance of fruit for us throughout the year. We will crop Blackcurrants, Redcurrants, Whitecurrants, Gooseberries (green, yellow and red), Tayberries, Blackberries, Cranberries, Blueberries (including a variety called Pink Lemonade which has pink fruit), four varieties of Raspberries and two grape varieties.

Pigs, Chicken, Quails and Sheep

In the grounds you will find six Cornish Black meat pigs as well as chickens and quails that lay eggs daily and two colonies of bees who are busy making honey. We also have a flock of Cornwall and Devon Longwool sheep that we're borrowing from a local farmer, but hopefully we'll have a flock of our own for lamb in the next few years.



CELTIC SEA



Orchard

The orchard has a mix of Apple trees including Cox's, Newton Wonder, Orange Pippin, Exquisite and Ellison's Orange and Prince Albert. We also have planted soft fruit trees including Early Moorpark apricots and Mirabelle de Nancy plums, Cordon plums, Morello cherries and Weeping White mulberries.

Belu Water

We're proud partners of Belu, serving unlimited Belu filtered still or sparkling water for a small charge per table. Half of this goes straight to Belu, a social enterprise that gives 100% of its profit to WaterAid to transform lives worldwide with clean water, so together we can change at least one life every day.

The National Lobster Hatchery

The National Lobster Hatchery is a marine conservation, research and education charity based in Padstow, who have established themselves as a centre of expertise in marine science on a global scale. Their work focuses on the European lobster, a commercial species that is the most valuable fish caught in the UK and is part of a major export industry; this one species alone is worth £45m each year and without it, the small coastal communities would have very little, other than tourism, to create jobs and keep the harbour alive. Lobster is worth a huge amount economically and socially, and consequently fisheries around the world are suffering from major over-exploitation.

The charity's conservation work focuses on enhancing the stocks of lobsters in the coastal waters of Cornwall and the Isles of Scilly. A female lobster can carry in the region of 20,000 eggs under their abdomen, however only one of these is expected to survive in the wild. With skilful and careful application of modern technology The National Lobster Hatchery can improve this survival rate by about 1000 times!

For every lobster sold at The Lobster Shed we will donate £1 to The National Lobster Hatchery's 'Buy One - Set One Free' campaign. They also have a Visitor Centre so you can learn all about their work and meet the lobsters!



Our 25-mile menu means we can be 100% honest about the provenance of our ingredients - at least 80% of fresh ingredients will be sourced in the local area or indeed from our kitchen garden. We use recycled, FSC certified paper and vegetable-based inks. Menus are recycled after use.