



25 MILE MENU

PIGGY BITS - £3.95

Smoked Ham & 'Branston' Pickle
Stuffing Balls & Cranberry Sauce

FISHY BITS - £3.95

Fish Cakes & Scape Mayo
Salt & Pepper Sprats

GARDEN BITS - £3.95

Garden Carrot Dip & Sourdough
Olives & Harlyn House Pickles

GARDEN, GREENHOUSE & POLYTUNNEL

"A Selection of our Plant Based dishes, Mostly picked this morning"

Roast Carrot Soup

Garden Coriander Dressing £6

'Zero Mile' Beetroot Tart

Helford Blue & Garden Mizuna £7/£12

Foraged Three Cornered Garlic Risotto

Sunflower Seeds & Pickled Fennel £7/£14

Chargrilled P.K.G. Potatoes

Salad Cream & Pickled Onion £6/£11

Winter Truffle Rarebit

Cornish Gouda & Sourdough £10/£18

OTHER STARTERS

James Golding's Chimney Smoked Loch Duart Salmon

Pickled Cucumber & Willy's Cider Dressing £9/£18

Potted Fowey Goose Leg

Pickled Cranberries & Sourdough £9.50

Scott Martin's Game Terrine

Garden Mizuna & Pickled Red Currants £6/£12

'Fish Buoys' Crab Bake

Harlyn House Pickles £9.50

Homemade Black Pudding

Fried Hen Egg & Plum Ketchup £8/£16

CORNISH FARMS & ATLANTIC WATERS

Cornish Sea Bass

Garden Leeks, P.K.G Potatoes & Caviar Sauce £27

Kernow Pigeon Breasts

Braised Red Cabbage & Red Wine Sauce £17

'Charisma' Gurnard

Smoked Carrot Puree & Garden Chard £16

Launceston Lamb Loin

Lamb Shoulder Potatoes & Currant Sauce £26

Duchy Estate 'Stalkers' Pie

Lemon Thyme Roast Carrots & Sloe Sauce £17

Line Caught Pollock

Garden Kalettes & Fennel Top Dressing £18

Tregothnan Pheasant Leg

Tagliatelle & Pickled Crosnes £15

Chargrilled Philip Warren 100z Sirloin Steak

Skin On Fries & Truffle Sauce £30

TODAYS VEG - £3.95

Braised Red Cabbage

Skin On Fries

Buttered Garden Greens

P.K.G Potatoes & Celery Salt

PUDDINGS - £7.95

Nan's Rice Pudding

Rachel's Raspberry Jam

Rachels Marmalade Steamed Sponge

Birds Custard

The Best Cornish Cheese's

1 Piece £4.00, 3 Pieces £7.95, 5 Pieces £12.50

Apple, Celery Leaf, Chutney & Homemade Biscuits

Cider Poached Pear

Roast Pear Sorbet

Dark Chocolate Tart

Preserved Jostaberries

Homemade Ice Creams & Sorbets ~ £6.75

Piggy Fours ~ £5.50

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.



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.

Wilder Woods Charcoal

Nancarrow is a 100-acre Soil Association certified organic farm, occupying a tranquil, south-facing valley in Cornwall. Nancarrow's Wilder Woods charcoal is a collaboration with Cornwall Wildlife Trust and is made using only sustainable wood sourced from managed woodland. It's fired in their Exeter retort on the farm and is a chef-grade hardwood charcoal, 50p from each bag is donated to Cornwall Wildlife Trust.

The Cornwall Wildlife Trust manage over 50 nature reserves, including an island for wildlife and people in Cornwall. They also work with other organisations and landowners to protect and connect wildlife sites across the county and inspire local communities and young people to care for wildlife where they live. We use this charcoal in the wood oven at The Lobster Shed.

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.