



25 MILE MENU

PIGGY BITS - £3.95

Black Pudding Balls & Mustard Mayo
Smoked Vodka BBQ Ribs

FISHY BITS - £3.95

Fish Fingers & Rubies Ketchup
Grilled & Marinated Mackerel

GARDEN BITS - £3.95

Crispy Cavolo Nero & Celery Salt
Oyster Mushrooms & Preserved Lemon Mayo

GARDEN, GREENHOUSE & POLYTUNNEL

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

Colwith Farm Potato Soup
Garden Lovage Dressing £7

Spiced Garden Kohlrabi Fritter
Peppermint Yoghurt £6/12

Heritage Tomatoes

Greenhouse Basil & Porthleven Mozzarella £7/£14

Tregassow Farm Asparagus
Hollandaise Sauce £8/£16

OTHER STARTERS

Johnny Murt's 'Cappuccino' Berkeley
Crab Mayo, Marie Rose & Gem Lettuce £10/£20

'OUR' Cornish Black Belly Bacon
Pickled Fennel & Wild Garlic Mayo £7.50/£12

Tim Marshall's Porthilly Oysters
Kea Plum Vinegar Shallots £3.50 each £17 1/2 dozen

Philip Warren's Black Pudding
Pickled Hen Egg & Currant Ketchup £8/£16

A Pinch of Salt's "Homegrown" Cured Meats
Olives, Garden Pickles & Chutney £8.50/£16

James Golding's Chimney Smoked Loch Duart Salmon
Pickled Cucumber & Willy's Cider Dressing £9/£18

CORNISH FARMS & ATLANTIC WATERS

'Middle White' Pork Loin
P.K.G Calabrese & Gooseberries £18

Kernow Lamb Loin
Tomatoes, Rocket & Black Olive Sauce £26

Philip Warren 10oz Sirloin Steak
Thrice Cooked Chips & Béarnaise Sauce £30

Whole Dover Sole (on the bone)
Wild Garlic Caper Brown Butter Sauce £36

'Charisma' Red Mullet
Garden Leeks, Pickled Chilli & Clams £21

Line Caught Pollock
Garden Greens & Fish Butter Sauce £19

Hodmedod's Smoked Quinoa
Cornish New Potatoes & Preserved Apple £14

'Sea Shore' Linguine
Foraged Sea Vegetables & Rock Samphire £15

Tregassow Farm Asparagus Risotto
Sunflower Seeds & Garden Savory Dressing £16

GARDEN SIDES - £3.95

Garden Leaves, Seeds & Pickles
Cornish New Potatoes & Red Celery Salt
Heritage Tomatoes & Pot Marjoram

Winter Savory Roast Carrots
Tobacco Onions
Brassica Leaf & Rachel's Mustard Slaw

Thrice Cooked Chips
Buttered PKG Kales
Broccoli & Toasted Walnuts

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

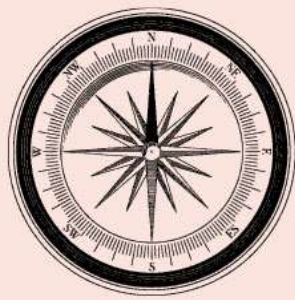
Our Kitchen Garden team maintain and upkeep our mushroom house, complete with its own viewing window. We love oyster mushrooms but we plan to have a go with all sorts of varieties!

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.

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.