



## 25 MILE MENU

We have added a £1 voluntary donation to your bill to help raise vital funds for a local charity we feel very strongly about - The Wave Project. A charity championing inclusion and improving children's mental health and wellbeing through our favorite local sport, surfing! We know it is a very personal choice, so please do not hesitate to ask us to remove it if you wish. Registered Charity No. 1163421

### GARDEN BITS - £4.95 Each

'Breakfast' Radishes & Salad Cream  
Asparagus & Rocket Risotto Balls

### PIGGY BITS - £4.95 Each

Crackling & Apple Sauce  
Honey & Chilli Chipolatas

### FISHY BITS - £4.95 Each

Fish Fingers & Rubies Ketchup  
Smoked Mackerel Pate & Treacle Toast

### GARDEN, GREENHOUSE & POLYTUNNEL

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

#### Spring Pea Soup

Parsley Oil & Sourdough Croutons £8

#### St Enodoc Asparagus

Garden Herb Cream Cheese & Pickled Shallots £14

#### I.O.W Tomatoes

Bishop's Polmesk Cheese & Golden Oregano £12/£19

#### Heritage Carrots

Elderflower Dressing & Pumpkin Seed Crumble £11/£15

### STARTERS (OR BIGGER!)

#### Marinated Cornish Scallops

Lemon Verbena Salsa, Cauliflower £16

#### Tempus' Spiced Coppa

Harlyn House Pickles & Mizuna £12/£19

#### Organic Ruby Red Beef Carpaccio

Old Winchester, Rocket & Truffle Dressing £15

#### Cured Boscattle Trout Tartare

Dill Crème Fraiche, Pickled Cucumber & Radish £15

#### Stephen Gellley's Ox Heart

Crushed Peas & Horseradish £12

### CORNISH FARMS & ATLANTIC WATERS

#### Spring Vegetable Pappardelle

Rocket & Parsley Oil £19

#### Middle White Pork Loin

Savoy Cabbage & Smoked Bacon Sauce £27

#### Silver Dawn Hake

Tempus Quanciale & Pearl Barley £28

#### Red Onion Tart

Helford Blue & Pickled Sea Purslane £20

#### Organic Chicken Breast

Spring Vegetables, N'duja & Sour Cream £28

#### Whole Newlyn Plaice

Asparagus, Caper & Lemon Butter £29

#### 0 Mile Mushroom & Leek Risotto

Allet Dairy Goats Feta £21

#### Warren's Lamb Barnsley Chop

Braised Gem & Preserved Tomato Red Wine Sauce £34

#### Cornish Silver Mullet

Charred Spring Onions & Shellfish, Peppercorn Sauce £27

#### Salt Aged 10oz Sirloin Steak

Thrice Cooked Chips, Mixed Leaf Salad & Bearnaise  
£42

### GARDEN SIDES - £5.50

#### Mixed Leaves & Pickles

Colwyn Farm Potatoes & Garden Mint

#### Roasted Bolder Beetroot

Tobacco Onions

#### Thrice Cooked Chips

Buttered Garden Greens

Please note that any game on the menu may contain shot.

Please speak to a member of staff if you have any questions about the menu, allergies, dietary requirements, or calorie counter.

We hope you enjoyed the food & service, we add a suggested 12.5% Service Charge to your bill. If something wasn't up to scratch, don't pay it! But do tell us what we could have done better.

**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.

