

Helford Restaurant

Starters

Slow Roast Cornish Pork Belly £12

Pickled fennel, black pudding, apple purée, sage jus (NGCI*, NF, DF*)

Cured Mackerel £11

Cucumber, pickled shallot, dill and caper salad (DF, NGCI, NF)

Grilled Scallops £14

Marinated heritage tomatoes, romesco, basil cress (DF, NGCI)

Pea & Mint Risotto £11

Cured egg yolk, Parmesan crisp (NGCI, DF*, NF, V, VG*)

Mains

Westcountry Lamb Rump £29

Gnocchi, courgette, petit pois, salsa verde, pomegranate molasses (NGCI*, NF, DF*)

Pan Roasted Chicken Supreme £26

Potato purée, pine nuts, lattice potato, spinach, chicken sauce (NGCI)

Fillet of Hake £26

Mussel mariniere, samphire, leek, herb new potatoes (NGCI, NF, DF*)

Wild Mushroom Linguine £23

Parmesan, truffle, crispy sage (NFGF*, V, VG*, DF*)

Desserts

Dark Chocolate Delice £11

Blackberries, blackberry sorbet, whipped cream (NF, NGCI, V)

Lemon Posset £11

Raspberries, thyme oat crumble, lemon balm (NGCI*, NF, V)

Apple Tarte Tatin £12

Caramel sauce, vanilla ice cream (NF, V)

Westcountry Cheese Selection £14

Yarg, Cornish Brie, blue, quince, celery, biscuits (NF*)

Please advise the team of any intolerances or allergies. Whilst we will advise on dish ingredients, we cannot guarantee against traces or any cross contamination throughout the kitchen. We try and source as much produce as possible from the local area.

(V) - Vegetarian, (V*) - Vegetarian Option Available, (VG) - Vegan, (VG*) - Vegan Option Available, (NGCI) - Non Gluten Containing Ingredient, (NGCI*) - Non Gluten Containing Ingredient Option Available, (DF) - Dairy Free, (DF*) - Dairy Free Option Available (NF) Nut free (NF*) Nut free option available