

## Starters

**Soup Of The Day** (VG) (GFO) £6.50

Served with toasted sourdough

**Salt & Pepper Squid** £9.00

Tempura battered squid in a salt and pepper coating.

Served with a sweet chilli sauce

**Sticky BBQ Belly Pork** (GF) £9.00

BBQ pork belly served with Asian slaw mixed

sesame seeds

**Pan Fried Scallops** (GF) £10.00

Cornish pan fried scallops served with butternut squash

puree, and a roasted cauliflower and caper dressing

**Nachos** (V) (GF) £10.00

Tortilla chips topped with melted cheddar and mozzarella,  
tomato salsa, jalapeño peppers, guacamole and sour cream

Add beef brisket £2.50

**Garlic & Chilli Prawns** (GFO) £10.00

Finished with local sourdough bread for mopping

## Pasta & Salads

**Chicken & Chorizo Pasta** £16.00

Pan fried chicken and chorizo in a pesto cream  
sauce with penne pasta, rocket and parmesan

**Mediterranean Vegetable Pasta** (V) (VGO) £13.00

Roasted peppers, onion and courgette in a pesto and olive  
oil dressing with penne pasta and rocket

**Caesar Salad** (GFO) £11.00

Gem lettuce, anchovies, parmesan and garlic croutons

Add chicken & bacon £4.00

(V) - VEGETARIAN (VG) - VEGAN (VGO) - VEGAN OPTION

(GF) - GLUTEN FREE (GFO) - GLUTEN FREE OPTION

There is a possibility of nut traces in all our dishes. If you require any information  
on the allergens in any of our dishes, please ask a team member who will be  
able to assist you with your choice.

# THE TERRACE

AT GWEL AN MOR

## DINNER

### From The Sea

**Roasted Cod Fillet** (GFO) £20.00

Served with hispi cabbage with smoked pancetta  
finished with Cornish mussel and curry emulsion

**Catch Of The Day** £POA

Please ask a member of the team

**Cornish Beer Battered Haddock** £16.00

Cornish offshore beer battered haddock, served with skin  
on chips, pea purée and tartare sauce

**Fishless Fish & Chips** (V) (VGO) £16.00

Fish free fillets coated in a salt and vinegar batter,  
skin on chips, peas and a vegan tzatziki

### Pizzas

12" stone baked base with tomato sauce, cheddar  
and mozzarella

**Margherita** (V) (VGO) (GFO) £14.00

Sun blushed tomatoes and rocket

**Hawaiian** (GFO) £15.00

Classic ham and pineapple

**Tandoori Chicken** (GFO) £16.00

Tandoori chicken, mixed peppers, red onion  
mint and cucumber yogurt

**Meaty** (GFO) £16.00

Spicy beef, salami, pepperoni, chorizo and sausage

**Prawn, Pesto & Chilli** (GFO) £17.00

Tiger prawns, basil pesto and red chilli

**Pulled Beef Brisket** (GFO) £17.00

Pulled beef brisket, mixed peppers, gherkins  
and burger sauce

### From The Land

All burgers are served on a brioche bun, with red cabbage  
slaw and skin on chips

Upgrade to sweet potato fries £1.50

**Double BBQ Bacon Burger** (GFO) £18.00

Two 4oz chuck steak burgers with cheddar cheese, bacon,  
gem lettuce, gherkins and a sticky BBQ sauce. Topped with  
beef brisket

**Classic Cheeseburger** (GFO) £13.00

4oz chuck steak burger, cheddar cheese, gem lettuce,  
gherkins and burger sauce

**Peri Peri Chicken Burger** (GFO) £14.00

Chicken breast marinated in a peri peri seasoning,  
gem lettuce and a jalapeño mayonnaise

**Bangkok Bad Boy Burger** (VGO) £14.00

Chickpea, sweetcorn, red pepper, carrot and soya bean patty  
in a red lentil, cumin and black onion seed crumb, gem  
lettuce and a vegan tzatziki

Add bacon, cheddar or Cornish blue cheese £1.50

**Gammon Steak** (GFO) £16.00

Westcountry 8oz gammon steak topped with a fried egg and  
roasted pineapple, served with skin on chips and peas

**8oz Handcut Westcountry Rib Eye** (GFO) £28.00

Hand cut local rib eye steak served with skin on chips,  
battered onion rings, vine roasted cherry tomatoes &  
portobello mushroom

Add pink peppercorn or a Cornish blue cheese sauce £2.50

### Sides

**Skin On Chips** (V) (VGO) (GFO) £3.50

**Sweet Potato Fries** (V) (VGO) (GFO) £4.00

**Battered Onion Rings** (V) £4.50

**Cornish Marinated Olives** (VG) (GF) £5.00

**House Salad** (VGO) (GF) £3.00

**Red Cabbage Slaw** (V) (GF) £3.00

**Rustic Sourdough Garlic Bread** (V) £3.50

**Rustic Sourdough Garlic Bread** (V) £5.50  
with Davidstow Cheddar

