

Starters

Soup Of The Day (VG) (GFO)	£6.50
Served with toasted sourdough	
Salt & Pepper Squid	£9.00
Salt and pepper coated squid served with sweet chilli	
Prawn Cocktail (GFO)	£8.50
Gem lettuce, prawns, pickled cucumber, Marie Rose sauce, lemon and chive oil	
Cornish Fishcake	£9.00
Homemade Cornish fishcake, vegetable salad with a spring onion, tomato and sesame dressing	
Satay Chicken	£8.00
Satay chicken served with a courgette, sweet chilli and coriander salad	
Loaded Nachos (V) (GF)	£10.00
Tortilla chips topped with melted cheddar and mozzarella, tomato salsa, jalapeño peppers, guacamole and sour cream Add beef brisket £3.00 Add pulled pork £3.00	

Pizzas

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

Margherita (V) (VGO) (GFO)	£14.00
Sun blushed tomatoes and rocket	
Meaty (GFO)	£16.00
Spicy beef, brisket, salami, pepperoni, chorizo and sausage	
Prawn, Pesto & Chilli (GFO)	£17.00
Tiger prawns, basil pesto and red chilli	
Pulled Pork (GFO)	£15.00
Pulled pork, peppers, sweetcorn, spring onions and BBQ sauce	
Veg Medley (GFO) (VGO)	£14.00
Peppers, sundried tomatoes, courgette and red onion	
Pepperoni (GFO)	£14.00

THE TERRACE

AT GWEL AN MOR

DINNER

Pasta & Salads

Chicken & Chorizo Pasta	£15.00
Pan fried chicken and chorizo in a pesto cream sauce with penne pasta, rocket and parmesan	
Seasonal Vegetable Pasta (V) (VGO)	£12.00
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	

Sides

Sweet Potato Fries (V) (VGO) (GFO)	£4.00
Skin On Chips (V) (VGO) (GFO)	£3.50
Chips & Davidstow Cheddar Cheese (GFO)	£6.00
Battered Onion Rings (V)	£5.00
House Salad (VGO) (GF)	£3.50
Garlic Bread (V)	£4.00
Garlic Bread & Davidstow Cheddar (V)	£5.50
Homemade Slaw (V) (GF)	£2.50

Loaded Fries

Pulled Pork Loaded Fries (GF)	£12.00
Pulled pork, BBQ sauce, spring onion, jalapeños, mozzarella and cheddar	
Bacon & Cheese Loaded Fries (GF)	£12.00
Mozzarella and cheddar topped with bacon bits	
Beef Brisket Loaded Fries (GF)	£12.00
Beef brisket, burger sauce, spring onion, jalapeños, mozzarella and cheddar	

From The Land

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

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)	£13.00
Chicken breast marinated in a peri peri seasoning, gem lettuce and a jalapeño mayonnaise	
Bangkok Bad Boy Burger (V) (VGO) (GFO)	£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	
Gammon Steak (GFO)	£15.00
Westcountry 8oz gammon steak topped with a fried egg and roasted pineapple, served with skin on chips and peas	
Sausage & Mash (GFO)	£15.00
Cornish sausages served with olive oil and chive mash, tender stem broccoli and a confit red onion sauce	
Add bacon £1.50 Add sweet potato fries £2.00 Add cheddar £1.50 Add Cornish blue cheese £1.50	

From The Sea

Cornish Beer Battered Haddock	£16.00
Cornish offshore beer battered haddock, served with skin on chips, pea purée and tartare sauce	
Fishless Fish Cakes (V) (VGO)	£16.00
A blend of spring onions, parsnips, leeks & pea protein with a soft melting sauce, coated in breadcrumbs, served with chips, peas and vegan tzatziki	

(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.

