

GASTRO DINNER

SERVED FROM 6PM

Easy Ordering

Please order at the bar with your table number. If you move tables please let us know! All our food is cooked to order and may sometimes take a little time to serve particularly at busy times. We are always working as fast as we can, and doing our best to serve you as efficiently as possible. If your time is limited please let us know when you order in case we cannot meet your requirements. If you are seated outside we ask you to pay with your order or leave a card at the bar.

To Amuse

Kalamata Olives or Dough Sticks with Balsamic Dipping Oil **V H**
£3.00

To Start

Fresh Deep Fried Cod Fillet Goujons in crispy Ale Batter with Caper Mayonnaise **£7.00**

Creamy Garlic Cornish Mushrooms on toasted Focaccia Bread **V £6.00**

Classic St Mawes Smoked Salmon with a Smoked Cornish Mackerel Parfait **H £7.00**

Deep fried Breaded Cornish Whitebait Fillets with Caper Mayonnaise **£7.00**

Classic Cold Water Prawns Marie Rose **H £7.00**

Baked Mevagissey Crab pot with fresh Fowey handpicked Crab,
Cream, Avocado Guacamole and melted Parmesan **£8.00**

Italian Salad of torn Soft Mozzarella, sliced Tomato and Guacamole
drizzled with Green Pesto **V H £6.00**

Whole baked Gevrik (Gevrik, Cornish Soft Goats Cheese) with
Date and Walnut Bread and warm Berry Compote **V H £7.50**

Deep fried crispy Salt and Pepper seasoned Calamari Rings with Caper Mayonnaise **£6.50**

Seared St Austell Bay Scallops with Lemon Butter **£8.50**

Fowey River Mussels steamed with Garlic, Cream and Wine **£7.50**

Fresh Local Produce We pride ourselves on using only local fishermen and farmers wherever possible. The majority of our Fish is landed right here just yards away on the Quay.

We also have a Gold CHEFS award for Food Safety and Healthy Eating options. Vegetarian and Healthy Eating are denoted by **V** and **H** throughout

Please note that our food may contain Gluten, Dairy products, Egg, Nuts and Nut Oils. Let us know if you have special dietary requirements

To Follow

Please see our Blackboards for today's Chef's Specials



Fish Dishes

Our Famous Deep Fried Cod Fillet in Crispy Beer Batter

Large Cod Fillet deep-fried in our own crispy Real Ale Batter served with traditional Mushy Peas and chunky Fresh Fries **£12.00**

Fowey River Moules Fritês

A large bowl of Classic Moules Fritês, fresh Mussels delivered daily from the Fowey Estuary, steamed in White Wine, Garlic and Cream, with chunky Potato Fries or Crusty Bread to mop up the delicious sauce **£13.00**

Pesce Pasta

Fresh Cod, Salmon and Smoked Haddock gently cooked with Saffron Wine and Cream, on Penne Pasta **£11.00**

Roasted Local Cod Fillet H

Fresh Cornish Cod Loin, oven roasted with crisp Back Bacon, served with crushed Garlic Champ Potatoes and Courgettes **£15.50**

Seafood Salad H

Cornish Smoked Salmon and Smoked Mackerel Parfait with Icelandic Prawns on a Crisp Mixed Salad with Creamy Cognac Dressing on the side **£16.00**

Cornish Seabass Fillet and Scallops H

Fresh Seabass and seared St Austell bay Scallops on roasted Butternut Squash with Fine Green Beans **£17.50**

Meat Dishes

The Wheel Gourmet Burger

Homemade 100% Cornish Beef Burger in a Foccacia Bun with Iceberg, Mayonnaise, Tomato Relish and Dill Pickle served with chunky Fries or dressed House Salad **£10.50**

Butterfly Cornish Chicken Breast

Pan fried Chicken fillet with a White Wine and Mushroom Sauce, Olive Mash, and a Medley of Mediterranean Vegetables **£15.00**

Medallions of Cornish Pork Fillet H

Finest Pork Fillet pan seared with a Cranberry Jus, Roasted Root Vegetables and Sage Roasted Baby Potatoes **£16.00**

Cornish Tenderloin

Prime Fillet Steak served with a Pepper Cream Sauce, fine Green Beans and Sauté Potatoes **£20.00**

Vegetarian Dishes

Four Cheese Ravioli V

Tossed in a rich Italian tomato sauce with Pesto and Cream, served with fresh Parmesan and Garlic Foccacia **£12.00**

Vegetable Risotto V H

Arborio Rice with Courgettes, Peppers and Mushrooms, cooked with Tomato, Herbs and Cream **£12.00**

PLEASE ASK FOR OUR CHILDREN'S MENU. CHILDREN'S PORTIONS ARE AVAILABLE OF MOST MAIN MENU ITEMS AT HALF PRICE, SUBJECT TO A MINIMUM CHARGE OF £4.00 AND SERVED TO CHILDREN UNDER 12 ONLY

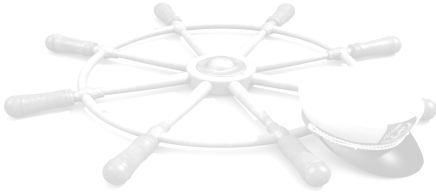
To finish

Dessert Coffees... a delicious lighter Dessert

Semi Freddo~ A shot of Espresso served with Nougat and Praline Ice Cream

Fichi~ A shot of Espresso served with Baby Figs in Syrup and Mascarpone

£4.00



Liqueur Coffees £5.50

Desserts

Chocolate Fudge Ice Cream Sundae with Trewithen Clotted Cream **£4.50**

Raspberry Meringue Ice Cream Sundae with Trewithen Clotted Cream **£4.50**

Warm Chocolate Fondant Pudding with Trewithen Pouring Cream **£6.00**

Cornish Cheese Board with a Selection of Award Winning Cornish Cheeses, Brie, Cornish Blue and Yarg, served with Healey's Scrumpy Apple Chutney and

Cornish Wafers **£8.00**

Fresh hand baked Cornish Patisserie

Please see our Cake Chiller for today's selection

served with a choice of Clotted Cream, Cornish Ice cream or Dairy Custard

Chocolate Fudge Cake

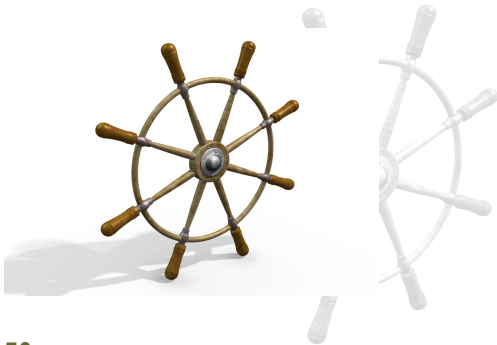
Lemon and Mascarpone Cheesecake

Blackberry and Apple Pie

Treacle Tart

Gooseberry and Apple Lattice

Cherry Bakewell Tart



All £5.50



We accept all major Credit Cards except Amex and Diners

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