

# GASTRO LUNCH

SERVED BETWEEN 9AM AND 5PM

## 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.

## Breakfast served all Day

<b>The Wheel Breakfast</b> Cornish Pork Sausages, Back Bacon, Fried Egg, Baked Beans and chunky Toast	£ 8.50
<b>Vegetarian Breakfast</b> Buttered Mushrooms, Grilled Tomato, fried Eggs, Baked Beans and chunky Toast <b>V</b>	£ 7.50
<b>Toasted Breakfast Sandwich</b> Pork Sausage or Back Bacon, plain or with a fried Egg	£ 5.50
<b>Chunky slices of Farmhouse or Granary Toast</b> with Trewithen Butter and Cornish Jam or Marmalade <b>V</b>	£ 2.50

## Light Bites and Starters

Homemade Chef's Soup of the Day with a hunk of Farmhouse or Granary Village Bread <b>VH</b>	£ 5.00
Creamy Garlic Cornish Mushrooms on toasted Focaccia Bread <b>V</b>	£ 6.00
Hot Crab Pot with Fresh Crab, Guacamole and melted Parmesan <b>H</b>	£ 8.00
Fresh Cod Goujons deep fried in crispy Ale Batter with homemade Tartare Sauce	£ 7.00
Deep Fried Crispy Salt and Pepper seasoned Calamari Rings with Caper Mayonnaise	£ 6.50
Classic Cold Water Prawns, crisp Iceberg and Marie Rose Sauce with Granary Bread <b>H</b>	£ 7.00
Deep Fried Breaded Cornish Whitebait Fillets with Homemade Tartare Sauce	£ 7.00
Whole Baked Gevrik (Cornish Soft Goats Cheese) with Date and Walnut Bread and Warm Berry Compote <b>V</b>	£ 7.50

## Hand cut Sandwiches with fresh Village Bread or Olive Oil Baked Cornish Jackets

Fillings (all include crispy Iceberg Lettuce)

Wheel Home cooked Gammon Ham and Mature West Country Cheddar <b>H</b>	£ 7.00
Fresh Poached Salmon with Cucumber and Fennel Mayonnaise <b>H</b>	£ 7.00
Torn fresh Soft Mozzarella, Tomato, and Green Pesto <b>V H</b>	£ 6.50
The Wheel Classic BLT with Mayonnaise	£ 6.00
St Endellion Brie with Cranberry Compote <b>V</b>	£ 6.50
Cornish Chicken Breast, Back Bacon and Avocado Guacamole	£ 7.50
Hand picked Fresh Fowey Crab Meat with Mayonnaise (when available)	£ 8.50
Cold water Prawns with Marie Rose Dressing <b>H</b>	£ 7.00
Atlantic Tuna with Spring Onion Mayonnaise <b>H</b>	£ 6.00
Mature West Country Cheddar, Onion and Scrumpy Apple Chutney <b>VH</b>	£ 6.00
Wheel Roast Cornish Beef with Horseradish Cream or Mustard Mayonnaise <b>H</b>	£ 7.00

**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

PLEASE ALSO SEE OUR DAILY CHEF'S SPECIALS BOARDS

## Gastro Platters

All served with a hunk of Granary or Farmhouse Village Bread or Rosemary Focaccia and Trewithen Butter and best enjoyed with a pint of Skinners Real Ale or Cornish Rattler Cider

- Smoked Fish H Smoked Salmon and Mackerel with Smoked Fish Parfait, and Fennel Mayonnaise £ 9.50  
Chilled Meat Roast Topside Beef and Gammon Ham with Chicken Liver Pate and Horseradish Jam £ 9.50  
Cornish Cheese V H Wild Garlic Yarg, Cornish Blue and St Endellion Brie with Scrumpy Apple Chutney £ 9.50

## From the Galley

### A proper Cornish Pasty

Large Home Cooked Traditional Steak Pasty, Cornish Steak and Root Vegetables baked in a Crimped Short Crust Pastry Case £ 5.00 or with chunky fries or salad £ 7.50

### The Wheel Gourmet Burger

Homemade 100% Cornish Beef Burger in a Focaccia Bun with Iceberg, Mayonnaise, Tomato Relish and Dill Pickle £ 8.00 or with chunky fries or salad  
£10.50

### The Famous Wheel Cod and Chips

Fresh Cod Fillet deep-fried in our own Crispy Real Ale Batter served with chunky Potato Fries £10.50

### Bangers and Mash

Hand linked local Pork Sausages with Creamy Mash Potato and Rattler Cider Gravy £ 8.50

### Cornish Fishcakes H

Our fabulous Homemade fresh Salmon and Smoked Haddock Fishcakes with crisp tossed Salad and fresh Tartare Sauce £ 9.50

### Pots of Pasta V H

Best Durum Penne Pasta tossed with an Italian Style Tomato and Herb Sauce then sprinkled with Parmesan £ 8.00

### Fowey River Mussels

A large bowl of Classic Moules Frités, fresh Mussels delivered daily from the Fowey Estuary, Steamed in White Wine, Garlic and Cream, served with chunky Potato Fries or crusty Bread to mop up the Sauce £13.00

### Mevagissey Fish Grill H

Ever popular, daily selection of Local Fresh Fish Fillets simply grilled, with Tossed Salad and New Potatoes £13.00

### Pesce Pasta H

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

### SIDES

- |                  |        |                                       |        |                      |        |
|------------------|--------|---------------------------------------|--------|----------------------|--------|
| Chunky Fries     | £ 3.00 | House Salad                           | £ 3.50 | New or Mashed potato | £ 3.00 |
| Fresh Vegetables | £ 3.00 | Mushy Peas                            | £ 1.50 | Garlic Bread         | £ 3.00 |
| Olives           | £ 3.00 | Dough Sticks and Balsamic Dipping Oil | £ 3.00 |                      |        |

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

**We accept all major Credit Cards except Amex and Diners**

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