



Summer Lunch Menu

Starters

Soup of the day (v) <i>& Baker Tom's bread</i>	£5
Half pint of shell on prawns <i>with garlic & lemon mayonnaise & granary bread</i>	£7
Steamed Westcountry mussels in Cornish orchard cider, <i>garlic & cream with Baker Tom's bread</i>	1/2 kilo £7 1 kilo £13

Sandwiches

Classic club sandwich <i>with chips</i>	£9
Cornish crab, lemon mayonnaise & rocket open sandwich <i>on granary bread</i>	£9
Char-grilled Chapmans Butchers minute steak sandwich <i>with onion marmalade, stilton & chips</i>	£10
Homemade & chargrilled Aberdeen Angus beef burger <i>with salad, salsa & chips</i> - Crispy dry cured bacon or Cornish cheddar 75p extra	£10

Oven roasted cherry tomato,
feta & rocket salad (v) £6/£10
with toasted pitta bread

Caramelized red onion &
goats cheese tart (v) £7
with dressed leaves

Chargrilled breast of chicken
caesar salad £10
with shaved parmesan & croutons

10oz chargrilled Angus Trotter's
sirloin steak £18
Roasted vine tomatoes, chips & dressed leaves.
Pepper Sauce £3

Char-grilled gammon steak £9
Fried egg and chips

Beer batter fish & chips £12
with mushy peas & tartare sauce

Smugglers Ploughmans Lunch Boards

Crantock bakery hand-raised pork pie.	£8
Homemade scotch egg.	£8
Cornish cheddar cheese.(v)	£8

All served with mixed leaves, baby vine tomatoes, chutney, pickles & Baker Toms Bread.

Traditional Sunday Roasts

Every Sunday lunch from 12 noon until 3pm. Subject to availability. Selection of different roasts from a variety of local butchers & farmers. Booking advisable.

Side Orders

Baker Tom's rustic bread	£2
Chips, mixed salad or garlic ciabatta	£3
Marinated olives	£3
Garlic ciabatta with melted Davidstow cheddar	£4

Please check our blackboard for today's fish specials

Desserts

Roskilly's Cornish Ice cream Trio	£5
Clotted cream pannacotta <i>with baby scones & fresh strawberries</i>	£6
Sunken chocolate cake <i>with Rodda's clotted cream</i>	£6
Classic treacle tart <i>with Rodda's clotted cream</i>	£6
Cornish cheeseboard <i>with biscuits & chutney</i>	£7

Sunday Info: Prices are inclusive of VAT. Some dishes may contain nuts. Please be sure to inform your server of any allergies.

Our menu was brought to you with the help of the following suppliers:

Locally reared beef and lamb from Angus Trotters butchers and Chapmans butchers. Free range duck and chicken from Merrifield Farm, Crediton, and Celtic Farm, St Ives. Fish supplied by Matthew Stevens & Sons, St Ives. All our fruit & vegetables are supplied by Westcountry Fruit Sales. Our bread is delivered daily by Baker Tom. Free range eggs are supplied by Colin Carter, Perranworthal. Assorted dairy products are supplied by Roskillys, Roddas & Trewithen Farm Dairy. Our tea comes from the Tregothnan Estate, Truro. Many other local suppliers, farmers and wholesalers are all used by us here at the Smugglers and can vary on a weekly basis. Please see blackboards for current favourites!

