

Helford Restaurant

Starters

Chef's soup of the day £9

Home baked breads (V, NGCI*)

Cured salmon fillet £12

Pickled cucumber, avocado, dill, pink grapefruit, keta caviar (NGCI, DF)

Crispy roasted squash arancini £11

Katsu curry sauce, coriander oil

Cornish crab custard tart £14

Shellfish velouté, sea vegetables

Mains

Corn fed chicken breast £26

Buttered mash potato, black cabbage, smoked bacon jus (NGCI)

Wild venison £29

Bone marrow potato terrine, sprout tops, beetroot purée, truffled mushroom jus (NGCI)

Steamed Cornish sole fillets £27

Haricot bean and spinach cassoulet, spiced chorizo, shallot crumb (NGCI)

Pan roasted fillet of halibut £28

Jerusalem artichoke, smoked belly pork lardons, butter poached parsnip, pomme purée (NGCI)

Olive oil baked aubergine £23

Roasted root vegetable ratatouille, pangrattato crust (VG, DF)

Desserts

Dark chocolate tart £11

Vanilla ice cream, candied orange

Saffron vanilla crème brûlée £12

Berry compote, shortbread (NGCI *)

Selection of Cornish cheese £14

Red onion marmalade, artisan biscuits, celery (NGCI*)

Please advise the team of any intolerances or allergies. Whilst we will advise on dish ingredients, we cannot guarantee against traces or any cross contamination throughout the kitchen. We try and source as much produce as possible from the local area.

(V) - Vegetarian, (V*) - Vegetarian Option Available, (VG) - Vegan, (VG*) - Vegan Option Available, (NGCI) - Non Gluten Containing Ingredient, (NGCI*) - Non Gluten Containing Ingredient Option Available, (DF) - Dairy Free, (DF*) - Dairy Free Option Available (NF) Nut free (NF*) Nut free option available