



# Welcome to The Long Bar and Restaurant

## Our Food and Service

We believe our food should be accessible to and enjoyed by everyone, whether you prefer nibbles and a sharing plate with your friends, a wholesome pub meal with your family or the full AA 2 Rosette fine dining experience. Please therefore feel free to choose any dish from across our menus whether you are in the bar or the dining area. As our food is freshly prepared in our kitchen, we can usually accommodate special dietary requirements and a specific Gluten Free menu is available at the bar.

**Food is served: Mon to Fri - Noon to 3 pm and 5.30 pm to 9 pm, Sat and Sun - Noon to 9 pm**

If you are eating upstairs in the dining area, we will take your food order at your table. Otherwise, please order at the bar.

### Sharing Plates & Nibbles

<b>Olives</b> , our House marinated Kalamata Olives	£4.25
<b>Artisan Breads</b> , our House Breads and Oils	£4.85
<b>Mezze for Two</b> , Hummus, Aioli, Charred Red Pepper Dip, Olives, Dipping Oils and Flatbread	£11.00
<b>Sharing Plate Of Starters</b> , a selection of Starters and Nibbles for two to share	£14.00

### Starters

<b>Soup of the Day</b> served with Crusty House Bread	£5.85
<b>Poached Cornish Asparagus</b> , served with Grilled Goats' Cheese and Balsamic	£7.25
<b>Crab and Crayfish Cocktail</b> , Smoked Paprika and Lemon	£9.80
<b>Fowey Mussels</b> steamed with White Wine, Shallots, Garlic and Parsley served with House Bread	£8.75
<b>Confit Duck Terrine</b> , with Cornichons, Toast and Chutney	£7.35

### Salads & Ploughman's

<b>Wellington Caesar Salad</b> , pan fried Chicken and Bacon, Gem Lettuce, Focaccia Crisps, Anchovies and Dressing	£13.00
<b>Grilled Halloumi Salad</b> , with a Red Pepper Dressing and served with Flatbread	£12.25
<b>Smoked Mackerel Salad</b> , with grilled Potatoes, Tomatoes and Crème Fraiche	£12.50
<b>Our Ploughman's</b> , Honey Roast Ham or Cornish Blue, Cheddar or Brie with Chutney, Pickles and House Bread	£11.50

### Wellington Gourmet Burgers - served in a Brioche Roll with Iceberg Lettuce, Beef Tomato, Garlic Mayo and Fries

<b>The Wellington</b> , Cornish Minced Beef with Cornish Smoked Cheddar	£12.95
<b>The Napoleon</b> , Prosciutto Wrapped Chicken Breast, Rocket and Truffle	£12.95
<b>The Waterloo</b> , Vegetarian Burger, with Goats Cheese, Beetroot and Rocket	£12.50

### Sandwiches – available lunchtimes only

A selection of sandwiches including our Walkers' Special of a sandwich and a mug of soup is shown on the blackboard in the Bar.

### Kids' Menu – For under 12's

A separate kids' menu is available. Many of our dishes can also be served in half size portions for children.

### Cornish Cream Tea - Available All Day

1 Plain & 1 Fruit Scone, Strawberry Jam and Clotted Cream with your choice of Tea or Coffee	£8.50
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### Mains

<b>Smoked Haddock Fishcakes</b> , served with Seasonal Salad and a Sweet Chilli Dip	£13.75
<b>Chicken and Chorizo</b> , wok fried with Bok Choy, Red Onion, Potatoes, Sesame, Chilli, Coriander & Lime	£14.75
<b>Fish and Chips</b> , Beer Battered Haddock, Lemon, Tartare Sauce, Chips and Peas	£13.00
<b>Cornish Cured Ham</b> , with Truffle poached Eggs, Watercress and Chips	£12.00
<b>Cornish Crab and Feta Linguini</b> , Crab, Feta, Chili, Garlic and Mint	£16.75
<b>Fowey Mussels</b> , steamed with White Wine, Shallots, Garlic, Parsley, House Bread and Chips	£15.45
<b>Summer Vegetable Risotto</b> , Summer Vegetables, Pesto and Parmesan	£13.00
<b>Sausages and Mash</b> , Local Sausages, Creamy Mashed Potatoes, Seasonal Vegetables, Onion Gravy	£12.85
<b>Cornish Sirloin Steak</b> , Chips, Baked Field Mushroom, Roasted Vine Tomatoes, Garlic and Rocket	£21.00

### Sides

<b>Chips or Fries</b>	£3.75
<b>Side Salad</b>	£3.50
<b>Seasonal Vegetables</b>	£3.95

### Sunday Roast - Sunday Lunchtimes Only

**Price includes a complimentary "Dessert of the Day"**

A choice of Roast Beef and one other Roast of the Day, served with Roast Potatoes, Yorkshire Pud, Seasonal Vegetables and Gravy. Vegetarian options available.	£11.50
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### Desserts

<b>Individual Banoffee Pie</b> , Chocolate Crumb and Cocoa	£6.25
<b>Chocolate Brownie</b> , Honeycomb Ice Cream and Cherries	£6.25
<b>Sticky Toffee Pudding</b> , Toffee Sauce & Clotted Cream	£6.25
<b>Classic Strawberry Bakewell</b> , Boscawell Honey Ice Cream	£6.25
<b>Dessert Tasting Plate</b> , a selection of desserts for two to share	£11.75

### Cheese

<b>Cheese Board</b> with our selection of Local and International Cheeses, House Biscuits, Chutney	£8.50
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### Teas, Coffees & Cake

A full range of freshly made tea, coffee, hot chocolate and homemade cake of the day is available.

Service is not included. Our staff will receive 100% of all tips.  
If you require any information on allergens, please ask a member of staff.



## Dining & Specials

Available evenings only

**Fine Dining Experience** - We understand that everyone enjoys eating out in different ways. Some enjoy an informal meal while others prefer a fine dining experience. For those who enjoy fine dining, we offer an optional fine dining package.

### Optional Fine Dining Experience

Amuse Bouche, Homemade Breads and Pre-dessert £4.00

### Starters

Butternut Squash, Scallop and Truffle Cappuccino £9.00

Brandade de Morue, Green Olive Purée and Crispy Egg £7.50

Lamb Sweetbreads with Potato and Herb Bon Bons, Beurre Noisette and Parsley Purée £7.50

Goats Cheese Roulade with Candied Beetroot, Balsamic and Digestive Crumb £7.00

### Main Courses

Roasted Cornish Venison with Caramelised Onions, Smoked Mash, Spiced Turnips and Chocolate £19.00

Confit Pork Belly with Pea and Ham Cannelloni, Wild Garlic and Clam Sauce £17.00

Monkfish with Parsnip, Asparagus, Fish Cream and Sorrell £19.00

Oyster Mushroom, Butternut Squash, Coriander and Pearl Barley Broth with Cep and Parmesan Toasts £15.00

### Desserts

Crème Brulée with Toasted Banana Bread and Pecans £7.00

Dessert Tasting Plate £7.00

Chocolate and Honeycomb £7.00

Warm Bakewell Tart with Crushed Pistachio and Pistachio Ice Cream £6.50

**Our Produce** - our main suppliers are all based in Cornwall, many close to Boscastle. All well as cooking our food to order, we make many items such as bread, ice cream, jams, pickles and chutneys ourselves.

**Our Chefs** - Head Chef Kit Davis brings a wealth of experience to the Wellington, having worked in great restaurants in London, Australia and Cornwall. Since joining us in 2013, Kit has gone on to gain a 2<sup>nd</sup> AA Rosette as well as appearing on Masterchef. Kit is supported by Sous Chef Mitch and a great team of chefs.

**Our Approach** - we adopt a sustainable approach to food and aim to use ethically produced ingredients. We also aim to minimise food waste and recycle wherever possible.