



# 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 accommodate most special dietary requirements and a specific Gluten Free menu is available at the bar.

**Food is served: Mon to Sun - Noon to 3pm and 6pm to 9pm**

**In the evenings, we provide table service if you are eating upstairs in the dining area. 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>Chargrilled Goats Cheese</b> , served with Apple, Walnuts and Parsnip	£7.25
<b>Rare Beef Salad</b> , Roasted Red Onion, Stilton, Focaccia	£7.80
<b>Fowey Mussels</b> steamed with White Wine, Shallots, Garlic and Parsley served with House Bread	£8.75
<b>Course Chicken and Pork Terrine</b> , 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>Our Ploughman's</b> , Honey Roast Ham or a choice of 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> , Oven Roasted Field Mushroom, Onion Jam, Goats Cheese 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, Celeriac and Chili Fishcakes</b> , served with Seasonal Vegetables and Aioli	£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>Pan Fried Salmon Linguini</b> , Salmon served on a Caper, Lemon and Parsley Linguini	£15.25
<b>Fowey Mussels</b> , steamed with White Wine, Shallots, Garlic, Parsley, House Bread and Chips	£15.45
<b>Winter Vegetable Risotto</b> , Winter Vegetables, Rocket and Parmesan	£13.00
<b>Toad in the Hole</b> , Local Sausages in Batter with Seasonal Vegetables and Madeira Jus ( <b>30 mins minimum to cook</b> )	£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>Parkin</b> , a Ginger Loaf served warm with Coffee Ice Cream, Vanilla Syrup and Fudge	£6.25
<b>Chocolate Brownie</b> , Guinness Ice cream, Chocolate Soil and Sauce	£6.25
<b>Sticky Toffee Pudding</b> , Toffee Sauce & Clotted Cream	£6.25
<b>Apple Crumble Tart</b> , Cinnamon and Honey 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

We understand that everyone enjoys eating out in different ways. Some enjoy an informal meal and are welcome to choose any dish from the menu below, whether in the bar or dining area. Others prefer a fine dining menu, and for that special occasion, we offer evening table service in the upstairs dining area and an optional fine dining package.

### Optional Fine Dining Experience

Amuse Bouche, Homemade Breads and Pre-dessert £4.00

### Starters

Pan Fried Scallops with Parsnips, Curry Oil and Coriander £9.50

Home Smoked Salmon with Crispy Pancetta, Mango Chutney and Focaccia Crumb £7.95

Sautéed Mushrooms on Toast with Tarragon and a Spiced, Crispy Egg £7.00

Prosciutto with Keltic Gold Fritters, Rocket and Onion Confit £8.50

### Main Courses

Roasted Cornish Hake with Mussels, Potatoes, Chili and White Wine £18.00

Celeriac Risotto with Oyster Mushrooms and Smoked Garlic £15.00

Roasted Chicken Breast with Broad Beans, Chorizo, Artichokes and Asparagus £17.00

Crispy Confit of Duck with Butternut Squash and Sage Risotto £17.00

### Desserts

Crème Brulée with a Blueberry Sorbet and Compote £7.00

Chocolate and Guinness £7.00

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

**Our Produce** - Our main suppliers are based in Cornwall, many close to Boscastle. As 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.