

THE RASHLEIGH INN



POLKERRIS

MAINS

Moules Marinière (gfo) 9/16.95

Harvested daily from the other side of the bay. Fresh, plump Westcountry of Fowey mussels in a classic marinière sauce with a chunky baguette for dunking.

Two sizes to match your appetite or if you'd prefer to share (we don't).

Fish & Chips (gf) 12.95

Day boat fish brought in from Cornish waters. In a gluten free batter and served with a squeeze of lemon, chips, garden peas and homemade tartare sauce.

Heritage Tomato & Watermelon Salad (ve/gf) 10.95

Heirloom tomatoes, fresh mint, vegan feta, pumpkin seeds & watermelon with our tangy chilli & lemon dressing.

Rump Steak (gf) 15.95

10oz rump from James Kittows local herd. Cooked to your liking on our char grill, with chips, field mushroom, grilled tomato and asparagus.

Garlic & herb butter 1

Brandy Peppercorn Sauce 1

Buttermilk Fried Chicken Burger (gfo) 12.50

Crispy fried chicken in a soft bap with homemade slaw, lettuce, buffalo mayo and fries.

Chicken Breast In Creamy Mushroom Sauce (gfo) 13.95

Grilled chicken, crushed new potatoes, asparagus and sugar snap peas with a white wine, mushroom, cream and herb sauce.

Grilled Sea Bass & Crushed New Potatoes (gf) 16.95

Deliciously light and fresh. With green olives, tomato, sugar snap peas & salsa verde

SARNIES

Steak & Fries

13.95

Sirloin steak from Kilhallon farm with caramelised onions, mustard mayo, lettuce & tomato on a soft white bap.

Crab Sandwich

14.50

Cornish handpicked crab fished out of Newlyn with a lemon mayo and served on either a sliced white or granary bloomer.

Choose from either white or granary

Ham & Cheese

7.95

with wholegrain mustard

Egg Mayo

6.95

B-L-T

7.95

SIDES & NIBBLES

chicken wings (gf)

6.95

buffalo sauce or bbq.

The Wobbler

4.95

our homemade sausage roll

skin on fries

3.50

olives

3.95

(cihlli & garlic / plain)

chilli crackers

3.95

Sauces

Buffalo mayo 1

Mustard mayo 1

Tartare 1

Brandy peppercorn sauce 1

SWEETS

Strawberries & Cream (gf)

5.50

Mevagissy Strawberries with Roddas clotted and double cream.

Chocolate Brownie (gf)

5.50

Homemade tray baked brownie from the Kilhallon Farm Pantry, with a big dollop of Roddas clotted cream.

For all allergen information please ask to speak to a manager

(gfo) = gluten free option available

(gf) = gluten free

(ve) = vegan

Ethical and environmental issues are important to us and we do our best to put this into practice. Our uniforms are supplied by NoSweat.org.uk and our fresh produce comes from local, sustainable suppliers, sourced and supplied by Richards of Par. stop by and say hello! Free range chicken isn't seen enough on menus but we want that to change. Our beef comes from local farmer James Kittows' fields that you can walk to from here, and you can see the mussel farm we use on a clear day (with binoculars). Even our gin and vodka come from the same PL postcode, it doesn't hurt that they also happen to be in the UK's highest ranking spirits, having been awarded multiple gold winning medals in the world spirits competition. Anyone know a good reason we shouldn't use locals? We really hope you enjoy your visit to the beach and that you'll come back soon to see how we're getting on.

With love from Dan, Daniela & the whole team here at The Rashleigh Inn, Polkerris xx

