



THE RASHLEIGH INN

POLKERRIS

SARNIES

All made on a nice freshly baked slice of white or granary from our local heroes Niles, with a salad garnish and handful of Burts ready salted crisps. Except for the steak bap!

Crab & Lemon Mayo 14.95

Handpicked white Cornish crab meat, fished out of Newlyn.

Ham & Cheese 7.95

Kittows ham, cheddar and wholegrain mustard

Egg Mayo 6.95

from local free range chickens, with a touch of seasoning and chives

B-L-T 7.95

Streaky bacon, beef tomato and crisp lettuce with a good measure of mayo

Steak & Fries 13.95

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

BEER FOOD

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

(chilli & garlic / plain)

chilli crackers 3.95

SAUCES 1

Buffalo Mayo / Buffalo Hot Sauce / Mustard Mayo / Tartare

MAINS

Moules Marinière (gfo) 9.95/16.95

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.

"Moo"ving Mountains Vegan Cheeseburger (ve) 14.50

American style vegan cheeseburger with lettuce, vegan cheese, American mustard, caramelised onions and a dill pickle with skin on fries

Grilled Sea Bass & New Potatoes (gf) 17.95

Deliciously light and fresh. Day caught Bass with olives, tomatoes, salsa verde & seasonal veg from local allotments.

Fish & Chips (gfo) 13.50

Hook & line caught Cod brought in daily from sustainable waters. Battered and served with a squeeze of lemon, chips, garden peas and homemade tartare sauce

Heritage Tomato & Watermelon Salad (ve/gf) 10.95

Heirloom tomatoes, ridge cucumbers from Geoff's greenhouse in the village, fresh mint, vegan feta, pumpkin seeds & watermelon with our tangy chilli & lemon dressing

Buttermilk Fried Chicken Burger (gfo) 12.95

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

King Prawn & Fowey Mussel Tagliatelle 17.50

Homemade tomato, onion & basil sauce, with king prawns & our local mussels farmed in the bay. Cooked in garlic butter and tossed through tagliatelle.

Grilled Chicken In Creamy Mushroom Sauce (gf) 13.95

Grilled chicken, crushed new potatoes, Polkerris veg and a white wine, mushroom, cream and herb sauce.

SWEETS

Strawberries & Cream (gf) 5.50

Strawberries and double cream with a spoon of Roddas clotted cream for good measure.

Chocolate Brownie (gf) 5.50

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

Eton Mess (gf) 6.50

Strawberries, meringue, maple syrup, Roddas Cornish double cream & our homemade strawberry coulis - a summer classic

Chocolate & Amaretti Cheesecake 6.50

Rich and moreish! Perfect with an after dinner coffee - or as a nibble on it's own

Sticky Toffee Pudding 5.95

Made here in the kitchen by our lovely Sally. With a scoop of vanilla ice cream and hot toffee sauce

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

