

# LUSTY GLAZE

Peach

## RESTAURANT

### Starters

#### CORNISH MUSSELS | GF | 8 | 16

Local mussels and onions simmered in a garlic infused white wine and cream sauce. Main meal served with skinny fries and salad.

#### WEST COUNTRY SCALLOPS | GF | 8 | 16

Pan fried scallops with chorizo and a white wine cream. Main meal served with skinny fries and salad.

#### SALT AND PEPPER SQUID | GF | 7 | 16

Salt and pepper coated squid served with a garlic mayo dip. Main meal served with skinny fries and salad.

#### BRUSCHETTA | V | 6 | 14

Topped with fresh cherry tomatoes, feta crumbs, salsa and basil, drizzled in herb oil.

#### KING PRAWNS | 8 | 16

Sweet chilli and ginger king prawns with a watercress side salad. Main meal served with skinny fries.

#### NACHOS | GF | V | 8 | 12

Nachos stacked with chilli jam, jalapeño strips and stringy melted cheese. Topped with sour cream and guacamole.

#### ADD BEEF CHILLI | GF | 4

#### ADD PULLED PORK | 4

#### ADD 5 BEAN VEGGIE CHILLI | GF | V | 4

### Mains

#### FROM THE LAND

#### SURFER SALAD | V | 9.50

Padstow leaf with feta cheese and olives, dressed in lemon oil.

#### ADD CHICKEN | 4

#### ADD HALLOUMI | V | 4

#### ADD STEAK | 6

#### COCONUT AND SWEET POTATO DAHL | V | 14

Sweet potato and coconut cream with a trio of lentils and spiced potatoes.

#### PEA AND FETA SALAD | V | 13

Fresh pea salad with feta and roasted beetroot.

#### TUSCAN VEGETABLE LINGUINE | V | 13.50

Roasted Tuscan vegetable linguine in a rich tomato and basil sauce.

#### FROM THE GRILL

#### PRIME 12 OZ SIRLOIN STEAK | GF | 24

An all-time favourite, they have a fine, yet firm, texture and are rich in flavour. Served with a large flat mushroom, tomato and chips.

#### ADD PEPPER SAUCE | 2.50

#### LUSTY BURGER | 14

A 6oz burger served in a bun with melted cheese, relish, gherkins, salad, fried onions and chips

#### DOUBLE UP | 4

#### SWEET POTATO BURGER | V | 13

A sweet potato, pepper and coriander patty in a bun with melted cheese, relish, gherkins, salad, fried onions and chips.

#### PULLED PORK BURGER | 13.50

Pulled pork served in a bun with baby gem lettuce, barbecue relish and chips.

#### FROM THE SEA

#### CLASSIC FISH AND CHIPS | 14

Locally caught, covered in crisp homemade beer batter and accompanied by the usual: crushed peas, chunky chips, homemade tartare sauce and charred lemon.

#### WHOLE FISH OF THE DAY | GF | 18.50

Headed or beheaded the choice is yours!

Simply cooked to perfection and served with new potatoes, seasonal veg and lemon.

#### SEAFOOD LINGUINE | 16

Fresh mussels, salmon and squid tossed in a creamy chilli sauce mixed with linguine and dressed with parmesan shavings and coriander.

#### FISH CURRY | 18

Fish curry accompanied with rice and a tangy coriander salsa.

#### BAKED SEA BASS FILLETS | 16.50

Locally caught sea bass with a lemon caper dressing, peppered spinach, chunky ratatouille, sautéed new potatoes and a beetroot and a horseradish purée.

#### FISH BURGER | 13.50

Battered fish burger with homemade tartare sauce and chips.

#### WE ALSO HAVE A DAILY SPECIALS BOARD

## Sides

VEG OF THE DAY | V | 4  
Whatever is in season - please ask your server.

BREAD AND OILS | V | 5  
Chilli, lemon and garlic.

SELECTION OF OLIVES | V | 4

ROASTED NEW POTATOES | V | 4

HOUSE SALAD | V | 4

PEPPER SAUCE | 2.50

SKINNY FRIES | V | 4

GRAVY | V | 1.50

## Something Sweet

CREAM TEA | 5.95  
Two fluffy scones with all the usual trimmings served with a pot of tea.

LORRAINE'S CHEESECAKE | 7.50  
Definitely a favourite, Lorraine's amazing cheesecakes are the perfect finale to any meal. Please ask for today's flavour.

LUSTY MESS | 7.50  
Summer berries, fluffy Chantilly cream and crunchy meringue pieces.

LEMON POSSET | 7.50  
A tangy lemon cream mousse served with wild berries.

RICH CHOCOLATE TART | 7.50  
Accompanied with fresh blueberries and thick clotted cream.

STICKY TOFFEE PUD | 7.50  
The original, covered in sticky toffee and served with clotted cream.

GLUTEN FREE BROWNIE | GF | 7.50  
Drizzled with chocolate syrup and a dollop of ice cream.

CORNISH CHEESEBOARD | 10  
A selection of Cornish cheeses served with local chutney and crackers.

All our food is cooked fresh from scratch, we don't do frozen, our produce is straight from the land or sea and locally sourced as much as possible. The average wait time is approximately 30 minutes from the time of ordering, sometimes more, sometimes less. If you are in a tearing hurry, please let your server know on arrival and we will do our best to accommodate your needs. Otherwise, sit back, relax and enjoy being by the seaside. We're delighted to have you here.

If you have any specialist dietary requirements please do not hesitate to speak to us.

They say the best things come in small packages and we think our menu is just that; a refined selection of our favourite tastes, freshly cooked and delicately crafted.

We know better than most how beautiful Cornwall can be - just look at that view. Our menus, specials boards and desserts are created with the environment in mind, using locally sourced ingredients to keep food miles to a minimum and refreshed seasonally to make the most of the very best produce Cornwall has to offer at that time.

Our lovely chefs are masters in the kitchen! Highly trained and passionate professionals, they put their head, heart and soul into everything they cook to make sure that you, the customer, will enjoy and share in their love for their craft.

V | VEGETARIAN      GF | GLUTEN FREE

## Breakfast - 11.30

PORRIDGE OATS | V | 5  
The old favourite breakfast choice with oats, vanilla, raisins and cream.

GRANOLA | V | 7  
Crunchy granola, yoghurt, milk and lashings of runny honey.

EGGS ON SOURDOUGH TOAST | V | 7

VEGGIE BREKKIE | V | 10  
A green option of the traditional: eggs, spinach, avocado, tomato, veggie sausage, mushroom, beans and toast.

FULL CORNISH | 11.50  
The classic with all of your favourites: eggs, bacon, sausage, hogs pudding, black pudding, tomato, mushroom, toast and beans.

EGGS BENEDICT | 10  
A warm muffin topped with bacon, poached eggs and hollandaise.

EGGS ROYALE | 10  
A warm muffin topped with fresh salmon, poached eggs and hollandaise.

BREAKFAST SANDWICH | 8  
Two items from the full Cornish.

ADDITIONAL ITEMS | 1 PER ITEM