

Heskyn Mill Restaurant

Sample evening menu. Changes daily.

To Start

Local scallops served in the shell with crispy foraged seaweed and butter.	£9.95
Fowey mussels cooked in cider with onion and herbs, finished with cream.	£8.95
Goats cheese with a roasted tomato and herb dressing (veg).	£7.95
Forest mushrooms with garlic and herbs. Served on sourdough toast (veg).	£7.95
Tomato and basil soup. A full flavoured, rustic soup.(vegan)	£6.95
Cornish smoked salmon. Traditionally cold smoked, from the St Ives smokehouse.	£8.95
Cornish hand picked lobster and crab cocktail.	£9.95
Pigeon breasts with fresh pickled vegetables. Chris Rounsevell, Upton Cross.	£9.95

Main Courses

Aged sirloin steak with rustic chips, roasted vine tomatoes & a field mushroom. Trevarthens, Penryn. Add a soft peppercorn sauce.	£21.95 £3.50
Loin of Cornish lamb with a minted gravy. Higher Tredis Farm, Polbathic.	£21.95
Pork fillet with hogs pudding and crackling. Served with a creamy tarragon sauce. Trevarthens, Penryn.	£19.95
Venison fillet, venison pattie and a field mushroom with a redcurrant sauce. Wild red deer from Chris Rounsevell, Upton Cross.	£21.95
Rabbit trio. Legs slowly braised in cider, fillet pan fried and a crispy faggot bon bon. Served with a cider and cream sauce. Chris Rounsevell, Upton Cross.	£21.95
Chicken Breast with a soft pink peppercorn sauce.	£17.95
Slow roasted confit duck leg with a marmalade and orange sauce. All poultry is free range from Wickets Farm, Bude.	£18.95
Cornish Brill fillet. Served with lemon butter and crispy foraged seaweeds.	£21.95
Cornish sole fillet. Served with a white wine, cream and dill sauce.	£18.95
Nut roast topped with goats cheese and vegetarian gravy. (veg)	£16.95
Mushroom Wellington. In a puff pastry case with herbs and garlic (vegan).	£16.95

Main dishes include vegetables and potato unless otherwise described

Our fish, meat and poultry are all sourced from the West Country

We are proud to support our Local farmers, fishermen and producers

Although all care is taken, fish fillets may contain bones
shellfish may contain shell and game may contain shot.

Puddings – all £6.95

Fresh strawberries with meringue, clotted cream and ice cream.

Warm chocolate and walnut brownie with chocolate sauce and ice cream.

Apple and berry crumble with custard (Vegan and gluten free available).

Sticky toffee pudding with toffee sauce.

Lemon posset with home made lemon curd and ice cream.

**For information regarding allergens in meals, please ask a member of staff.
Please note that our gravy and many of our sauces are made without gluten.**