

Heskyn Mill Restaurant

Sample lunch menu. Changes daily.

To start or as a light lunch

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| Tomato and basil soup. A full flavoured, rustic soup.(vegan) | £5.95 |
| Fowey mussels cooked in cider with onion and herbs, finished with cream. | £8.95 |
| Duck liver pate with homemade crab apple jelly and sourdough toast. | £6.95 |
| Local scallops served in the shell, with crispy foraged seaweed and butter. | £9.95 |
| Goats cheese with a roasted tomato and herb dressing (veg). | £7.95 |
| Pigeon breast with fresh pickled vegetables. Chris Rounsevell, Upton Cross. | £7.95 |
| Forest mushrooms with garlic and herbs. Served on sourdough toast (veg). | £7.95 |

Main Courses

| | | Smaller Portion |
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| Roast sirloin of Cornish beef with Yorkshire pudding. Trevarthens, Penryn. | £14.95 | £12.95 |
| Roast leg of Cornish lamb. Higher Tredis Farm, Polbathic. | £14.95 | £12.95 |
| Pork fillet with hogs pudding and crackling served with tarragon cream sauce Trevarthens, Penryn.. | £16.95 | |
| Aged sirloin steak with rustic chips, roasted vine tomatoes & a field mushroom. Trevarthens, Penryn. Add a soft peppercorn sauce. | £21.95 £3.50 | |
| Venison fillet with a venison pattie and a redcurrant sauce. Wild red deer from Chris Rounsevell, Upton Cross. | £21.95 | |
| Rabbit trio. Legs slowly braised in cider, fillet pan fried & crispy faggot bon bon. Served with a cider and cream sauce. Chris Rounsevell, Upton Cross. | £18.95 | |
| Chicken Breast with a soft peppercorn sauce. free range from Wickets Farm, Bude. | £16.95 | |
| Fowey mussels cooked in cider with onion and herbs, finished with cream. A larger portion served with chips. | £16.95 | |
| Cornish sole fillet. Served with a cream and dill sauce | £16.95 | £12.95 |
| Mushroom Wellington. In a puff pastry case with herbs and garlic (vegan). | £14.95 | |

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 still contain bones,
shellfish may contain shell, and game may contain shot.

Puddings – all £6.95

Fresh strawberries with meringue, clotted cream and ice cream.

Lemon posset with home made lemon curd and ice cream.

Warm chocolate and walnut brownie with chocolate sauce and ice cream.(dairy free available)

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

Bread and butter pudding (gluten free option available).

Sticky toffee pudding with toffee sauce.

**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.**