

Heskyn Mill Restaurant

To start

Tomato and basil soup.	£5.95
Duck liver pate with toast and chutney. Free range, Wickett's Farm, Bude.	£6.95
Goats cheese with a slow roasted tomato and herb dressing.	£7.95
Forest mushrooms with herbs and garlic butter, on sourdough toast.	£7.95
Whole local red mullet with a salsa verdi.	£8.95
Smoked salmon. Severn & Wye Smokehouse. Traditional cold smoked.	£8.95
Fowey mussels with cider and cream.	£8.95
Vickys award winning organic sourdough bread.	£3.95
with oven roasted cherry tomatoes and our own hummus	

Main Courses

		Smaller Portion
Roast sirloin of Cornish beef & Yorkshire pudding. Trevarthens, Penryn	£14.95	£11.95
Roast loin of pork with crackling. Trevarthens, Penryn.	£12.95	£10.95
Cornish lambs liver with onion gravy and mash. Higher Treddis Farm. Polbathic.	£12.95	£10.95
Aged Cornish sirloin steak with fries, roasted tomato and mushrooms. Trevarthens, Penryn. Add a peppercorn or blue cheese sauce for	£19.95 £2.50	
Chicken Breast with tarragon sauce.	£15.95	
Slow roasted confit duck leg with an Autumn berry sauce.	£16.95	
All poultry is free range from Wickett's Farm, Bude.		
A trio of local fish fillets. John Dory, Monkfish and Brill.	£16.95	
Fillet of Brill with a white wine, cream and dill sauce.	£16.95	£12.95
Nut roast topped with goats cheese and vegetarian gravy.	£12.95	

Main dishes are served with vegetables and potato unless otherwise described

Our fish and meat is 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.

Puddings - all £5.95

Sticky toffee pudding with toffee sauce.

Lemon posset with our own lemon curd and ice cream

Apple and berry crumble and custard

Bread and butter pudding with custard

Chocolate and walnut brownie with chocolate sauce and vanilla ice cream.

A Selection of Gerry's award winning Cornish ice creams.

Vanilla, real coffee and honeycomb.

For information regarding allergens in meals, please ask a member of staff

Please note that our Gravy and many of our sauces are gluten free.