

Heskyn Mill Restaurant

To start

Leek and potato soup.	£5.95
Goats cheese with a slow roasted tomato and herb dressing.	£7.95
Forest mushrooms with herbs and garlic butter, on sourdough toast.	£7.95
Smoked salmon. Severn & Wye Smokehouse. Traditional cold smoked.	£8.95
Whole local red mullet with a salsa verdi.	£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 leg of local lamb. Higher Tredis Farm, Polbathic, Cornwall.	£14.95	£11.95
Roast loin of pork with crackling. Trevarthens, Penryn.	£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	
Cornish lambs liver with onion gravy and mash.	£12.95	
Chicken Breast with soft peppercorn sauce.	£15.95	£12.95
Slow roasted confit duck leg with an Autumn berry sauce. All poultry is free range from Wickett's Farm, Bude.	£16.95	
Fillet of brill with samphire and citrus butter.	£16.95	
A trio of local fish fillets. John Dory, Monkfish and Brill.	£16.95	
Mushroom Wellington with a light mustard sauce.	£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

Apple and berry crumble with custard

Bread and butter pudding with custard.

Lemon posset with home made lemon curd and ice cream.

Sticky toffee pudding with toffee sauce.

Warm chocolate and walnut brownie with chocolate sauce and 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.