

Heskyn Mill Restaurant

Sample Sunday Lunch menu. Changes weekly.

To start

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
Cornish smoked salmon. Traditionally cold smoked, from the St Ives smokehouse.	£8.95
Local scallops served in the shell, with crispy foraged seaweed and butter.	£9.95
Forest mushrooms with garlic and herbs. Served on sourdough toast (veg).	£7.95
Duck liver pate with homemade crab apple jelly and sourdough toast.	£6.95
Pigeon breast pan fried with a Madeira and cream sauce. Chris Rounsevell, Upton Cross.	£8.95
Fresh fig with goats cheese and a greengage dressing (veg).	£7.95

Main Courses

		Smaller Portion
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 crab apple gravy. Trevarthens, Penryn..	£16.95	
Slow roasted confit duck leg with a marmalade and orange sauce. free range from Wickets Farm, Bude.	£16.95	
Venison chop with a venison pattie and a balsamic jus. Wild red deer from Chris Rounsevell, Upton Cross.	£18.95	
Rabbit trio. slowly braised Legs in cider, pan fried fillet and a faggot bon bon. Chris Rounsevell, Upton Cross.	£18.95	
Fowey mussels cooked in cider with onion and herbs, finished with cream. A larger portion served with chips.	£16.95	
Fillet of Cornish Brill Served with a white wine, cream and dill sauce.	£18.95	£14.95
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.**