

Heskyn Mill Restaurant

To Start

Carrot and Coriander Soup	£5.95
Duck Liver Pate Toast and our own Chutney.	£6.95
Cornish Sardine Fillets , foraged wild garlic dressing.	£6.95
Forest Mushrooms wild garlic butter on toast	£7.95
Fowey Mussels Cider and Cream Crusty Bread	£7.95
Cornish Octopus Salad olive oil and foraged wild garlic dressing.	£6.95

Main Courses

		Smaller Portion
Roast Pork Loin. Crackling.	£11.95	£9.95
Roast Cornish Beef Yorkshire Pudding	£11.95	£9.95
Lambs Liver Onion Gravy and Mash. Trevarthens, Penryn.	£12.95	£9.95
Chicken Breast Tarragon sauce. Free range, Wickett's Farm, Bude.	£14.95	
Dressed Crab Salad Bread and butter	£16.95	
Whole Local Sole with Lemon Butter	£14.95	£10.95
Salmon Fillet. White wine and spring fennel sauce.	£16.95	
Nut Roast topped with Goats Cheese and Vegetarian Gravy.	£12.95	
Sirloin Steak Onion rings Mushrooms Fries Trevarthens, Penryn.	£19.95	

Add a peppercorn or blue cheese sauce for £2.50

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

Fresh local Strawberry Meringue with Clotted Cream and Real Strawberry Ice Cream

Sticky Toffee Pudding with Toffee Sauce

A Cup of Mocha Mousse with a Coffee Cream

Warm Chocolate and Walnut Brownie with Chocolate Sauce and Ice Cream

Lemon Posset with home made Lemon Curd and Ice Cream

A Selection of Gerry's Award Winning Cornish Ice Creams.

Vanilla, Real Coffee, Honeycomb and Strawberry.

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.