

# Heskyn Mill Restaurant

## To Start

<b>Carrot and Coriander Soup.</b>	£5.95
<b>Cornish Sardine Fillets</b> , tomato, olive oil and herb dressing.	£6.95
<b>Forest Mushrooms</b> wild garlic butter on toast	£7.95
<b>Duck Liver Pate</b> with toast and home made chutney.	£6.95
<b>English Asparagus</b> with Cornish butter and a free range poached egg.	£7.95

## Main Courses

<b>Aged Cornish Sirloin Steak</b> with Fries, Onion Rings and Mushrooms.	£19.95
Add a Green Peppercorn or Blue Cheese sauce for £2.50	
<b>Duck Breast</b> with a berry sauce . Free range, Wickett's Farm, Bude.	£18.95
<b>Ox Cheek.</b> Slow Braised in Cornish Ale. Horseradish Mash. Trevarthens.	£16.95
<b>Lambs Liver and Bacon</b> with Onion Gravy and Mash. Trevarthens, Penryn.	£15.95
<b>Chicken Breast</b> pink peppercorn sauce. Free range, Wickett's Farm, Bude.	£15.95
<b>Cornish Pork Fillet.</b> Cream and tarragon sauce.	£16.95
<b>Fillet of Brill.</b> Served simply with lemon butter.	£18.95
<b>Salmon Fillet.</b> White wine and spring garden fennel sauce.	£17.95
<b>Nut Roast</b> topped with Goats Cheese and served with Vegetarian Gravy.	£14.95

**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 £6.95

Strawberry Meringue with Clotted Cream and Real Strawberry Ice Cream  
Sticky Toffee Pudding with Toffee Sauce  
Lemon Posset with home made Lemon Curd and Ice Cream  
A Cup of Mocha Mousse with a Coffee Cream  
Warm Chocolate and Walnut Brownie with Chocolate Sauce and Ice Cream  
A Selection of Gerry's Award Winning Cornish Ice Creams.  
Vanilla, Real Coffee, Honeycomb and Strawberry.

**A Platter of West Country Cheeses with Biscuits    £8.95**

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.