



## Lunch Menu

### --- Starters ---

**Soup of the Day** £9  
*With bread roll and whipped seaweed butter*

**Chicken & Avocado Caesar Salad** £15  
*Roast chicken with sliced avocado, marinaded anchovies, anchovy and parmesan dressing with rosemary croutons (V on request)*

**Day Boat Nicoise Salad** £17  
*Daily changing fillet of Cornish fish, Cornish new potato, fine beans, St Ewe's hen's egg, kalamata olives, sun dried tomatoes, lemon herb dressing (V on request)*

**Boscattle Trout Pate** £14  
*Rosemullion distillery whisky jelly, Rye breads, pickled vegetables*

**Burrata** £12  
*Cow's milk Burrata, citrus, fennel, mint, almond (V)*

**Oysters (3) - choice of either:** £15  
*- Mignonette sauce, lemon  
- Pickled with cider, apple  
- Grilled Rockefeller*

### --- Mains ---

**Classic Fish & Chips** £22  
*Doombar ale battered Cod fillet with crushed peas, tartare sauce and chunky chips*

**Mussels Sage & Cider** £18  
*St Austell Bay mussels in a clotted cream sauce with sage and Healey's cider with bread roll and butter*

**The Nare Crab Sandwich** £20  
*White crab meat on granary or white bread with watercress and citrus crème fraiche. With vegetable crisps and salad garnish*

**The Nare Club Sandwich** £19  
*Chicken breast, smoked streaky bacon, gem lettuce, tomato, aioli on granary or white bread.*

**Catch of the Day** £32  
*Cornish fillets, local sauteed greens, new potatoes, citrus beurre blanc*

**Minute Steak** £25  
*Cornish beef steak chargrilled, portobello, local greens, pomme puree, Café de Paris butter*

**Whole Lobster** £70  
*Grilled Cornish lobster with dill herb mayo and lemon or Thermidor sauce*

### --- Side Dishes ---

£5

**Pomme Frites**  
*Parmesan, Truffle*

**Cornish rosti potatoes**  
*Garlic butter, chives*

**Sauteed local greens**  
*Smoked almonds, olive oil*

**House Salad**  
*Wholegrain mustard dressing*

**Carrots**  
*Honey glaze, dill*

### --- Desserts ---

**Dessert of the Day** £9

**French Lemon Tart** £9

**Crème Brulee** £9

**Mitchell Farm Strawberries and Cream** £9

**Affogato** £7

**Yard Farm Ice cream & Sorbets** £8  
*Chocolate, vanilla, strawberry, mango, passionfruit, lemon, raspberry*

**Selection of West Country Cheese** £13  
*A selection of Westcountry cheeses with water biscuits, grapes, homemade chutney and celery*

### --- Tea and Coffee ---

£4

*Tea served on The Quarterdeck comes from the local Tregothnan Estate, the largest private botanical garden in England and the home of England's first homegrown tea since 2005.*

<b>English Breakfast</b>	<b>Cafetière</b>
<b>Afternoon Tea Blend</b>	<b>Americano</b>
<b>Earl Grey</b>	<b>Espresso</b>
<b>Green Tea</b>	<b>Cappuccino</b>
<b>Peppermint</b>	<b>Caffè Latte</b>
<b>Chamomile</b>	<b>Hot Chocolate</b>

*All our ingredients are sourced locally from Cornish suppliers. All our fish is fresh and delivered via Wing of St Mawes and local fishermen.*

*If there are any dietary requirements or allergies, please inform a member of staff and the kitchen will endeavour to provide a modified menu. Please do advice of any gluten intolerances when ordering as dishes may be able to be suitably modified. Please note that nuts are used in food preparation areas and therefore all products may contain traces of nuts.*

*Additional service charges are not applied automatically at The Nare. Instead, gratuities may be left entirely at guests' discretion. The tronc is shared amongst all staff.*



## Dinner Menu

### --- Starters ---

**Mackerel £20**

*Whole St Ives mackerel cooked on chargrill, fennel & orange spring slaw, burnt lemon*

**Hand-dived Scallop Ceviche £19**

*Elderflower cucumber, foraged local wild garlic and sea vegetables, lemon, radish*

**Portloe Crab £18**

*Hand-picked white crab meat, avocado, lemongrass, tomato, grapefruit*

**St Mawes Octopus £16**

*Corn velouté, jalapeno and passion fruit glaze, quinoa tuile, chimichurri*

**Cornish Bluefin Tuna Raviolo £16**

*Kalamata olives, semi-dried tomatoes, balsamic reduction, aged parmesan*

**Beef Carpaccio £16**

*Cornish beef tenderloin, goats cheese mousse, pickled shallot, salsa verde, rocket*

**Burrata £12**

*Cow's milk Burrata, citrus, fennel, mint, Fowey apple balsamic, almond (V)*

**Oysters (3) - choice of one of either: £15**

- Mignonette sauce, lemon
- Pickled with cider, apple
- Grilled Rockefeller

### --- Mains ---

**Turbot £47**

*Troncon of turbot, St Enodoc asparagus, champagne & roe beurre blanc, parmentier*

**Monkfish Wellington £36**

*Prawn mousse, potato terrine, heritage carrot, cumin, vadouvan*

**Gurnard £25**

*Woodland mushrooms, pomme rosti, Jerusalem artichoke, rainbow chard*

**Cod £33**

*Clam & celeriac risotto, butternut squash puree, baby leeks, smoked bacon jus*

**Sirloin £34**

*Cornish beef sirloin, portobello mushroom, sauteed greens, pomme puree, Café de Paris butter*

**Cauliflower £18**

*Sweet potato, almond romesco, raisins, capers, pickled walnut (V)*

**Market Fish of the Day £32**

*Dependant on availability, choose from:*

**Hake, Cod Loin, Gurnard, Sea Bream, Boscastle Trout, Halibut**

*All filleted and pan fried. Served with a choice of two side dishes and one sauce from the following:  
Hollandaise Citrus - Beurre Blanc - Sauce Vierge  
- Tartare Sauce - Beurre Noisette*

### --- Mains ---

**Whole Dover Sole £60**

*Cooked à la meuniere, served with sauteed potatoes, seasonal greens*

**Whole Grilled Local Lobster £70**

*Grilled with garlic and herb butter or thermidor served with Cornish new potatoes*

**Fruit De Mer Seafood Platter £155**

**(for 2 to share)**

*A selection of seafood served on a bed of ice. Usually to include oysters, whole lobster, crevettes, crab, mussels, scallops, and smoked fish, served with lemon wedges, Tabasco, mignonette sauce, and Mary Rose sauce*

### --- Side Dishes ---

**Pomme Frites £5**

*Parmesan, truffle*

**Cornish rosti potatoes £5**

*Garlic butter, chives (V)*

**Sauteed local greens £5**

*Smoked almonds, olive oil (V)*

**House Salad £5**

*Wholegrain mustard dressing (V)*

**Carrots £5**

*Honey glaze, dill (V)*

*All our ingredients are sourced locally from Cornish suppliers. All our fish is fresh and delivered via Wing of St Mawes and local fishermen.*

*If there are any dietary requirements or allergies, please inform a member of staff and the kitchen will endeavour to provide a modified menu. Please do advise of any gluten intolerances when ordering as dishes may be able to be suitably modified. Please note that nuts are used in food preparation areas and therefore all products may contain traces of nuts.*

*Additional service charges are not applied automatically at The Nare. Instead, gratuities may be left entirely at guests' discretion. The tronc is shared amongst all staff.*



The Nare donates £1 for every lobster served at The Quarterdeck Seafood Restaurant