



Lunch Menu

--- Starters ---

Soup of the Day	£9
<i>With bread roll and whipped seaweed butter</i>	
Chicken & Avocado Caesar Salad	£15
<i>Roast chicken with sliced avocado, marinaded anchovies, anchovy and parmesan dressing with rosemary croutons (V on request)</i>	
Day Boat Nicoise Salad	£17
<i>Cornish mackerel, Cornish new potato, fine beans, St Ewe's hen's egg, kalamata olives, sun dried tomatoes, lemon herb dressing (V on request)</i>	
Boscastle Trout Pate	£14
<i>Rosemullion distillery whisky jelly, Rye breads, pickled vegetables</i>	
Burrata	£12
<i>Cow's milk Burrata, citrus, fennel, mint, almond (V)</i>	
Oysters (3) - choice of either:	£15
<i>- Mignonette sauce, lemon - Grilled Rockefeller</i>	

--- Mains ---

Classic Fish & Chips	£22
<i>Doombar ale battered Cod fillet with crushed peas, tartare sauce and chunky chips</i>	
Mussels Sage & Cider	£18
<i>St Austell Bay mussels in a clotted cream sauce with sage and Healey's cider with bread roll and butter</i>	
The Nare Crab Sandwich	£20
<i>White crab meat on granary or white bread with watercress and citrus crème fraîche. With vegetable crisps and salad garnish</i>	
The Nare Club Sandwich	£19
<i>Chicken breast, smoked streaky bacon, gem lettuce, tomato, aioli on granary or white bread.</i>	
Catch of the Day	£32
<i>Cornish fillets, local sauteed greens, new potatoes, citrus beurre blanc</i>	
Minute Steak	£25
<i>Cornish beef steak chargrilled, portobello, local greens, pomme puree, Café de Paris butter</i>	
Whole Lobster	£70
<i>Grilled Cornish lobster with dill herb mayo and lemon or Thermidor sauce</i>	

--- Side Dishes ---

£5

Pomme Frites
<i>Parmesan, Truffle</i>
Cornish rosti potatoes
<i>Garlic butter, chives</i>
Sauteed local greens
<i>Smoked almonds, olive oil</i>
House Salad
<i>Wholegrain mustard dressing</i>
Chargrilled courgettes
<i>Parmesan, chilli, garlic (V)</i>

--- 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
<i>Chocolate, vanilla, strawberry, salted caramel, mango, passionfruit, lemon, raspberry</i>	
Selection of West Country Cheese	£13
<i>A selection of Westcountry cheeses with water biscuits, grapes, homemade chutney and celery</i>	

--- 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.

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

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.