

DINNER

LIGHT BITES

Chicken popcorn Saffron aioli 340 kcal	7
Tempura prawns GF Sweet chilli sauce 167 kcal	4 each
Artisan bread V Oil and balsamic 352 kcal	5
Spiced tempura vegetables V, GF A selection of tempura vegetables with dipping sauce 217 kcal	6

STARTERS

Soup of the day V Croutons, grated cheese	7
Twice baked cheese soufflé V 516 kcal Add smoked haddock 37 kcal	9.95 4
Smoked haddock & leek fish cake Spinach and lovage butter sauce 418 kcal	10
Beetroot & goat's curd salad V, VGA Heritage beets, land cress, candied walnuts, a drizzle of balsamic glaze 388 kcal	9
Steamed mussels Cornish cider, crème fraîche, served with warm crusty bread 306 kcal	10
Wild mushroom risotto V, VGA Poached hen's egg, truffle oil 490/820 kcal	11/ 19
Potted ham hock Date and tamarind chutney, toasted sourdough 301 kcal	10
Prawn cocktail GF Chopped lettuce, avocado, cucumber, pink prawns, spiced dressing 491 kcal	12

MAINS

Catch of the day Please ask for today's catch	MP
Harbour fish & chips Thick cut chips, smashed peas, tartare 825 kcal	19
Cod & crab Fillet of cod with a crab and herb crust, creamy mash, peas, butter sauce 761 kcal	23.5
Braised duck leg GF Slow-cooked red cabbage, scallion mashed potato, Tenderstem® broccoli 833 kcal	24
Shepherd's pie Lamb shoulder, rosemary, topped with a layer of creamy mashed potato 659 kcal	19
Fillet of sea bass New potatoes, clams and sea vegetables 471 kcal	21
Mushroom & black truffle gnocchi V, VGA King oyster mushrooms, sage, cream 677 kcal	19

FROM THE GRILL

Flat iron chicken GF Confit garlic, thyme, crispy potatoes, double chicken gravy 622 kcal	21
8oz sirloin steak GF Grilled tomato and mushroom, watercress 732 kcal	25
10oz pork cutlet GF Braised apple purée, fondant potato, cider jus 876 kcal	23
Sauces	3
Peppercorn 201 kcal	
Red wine 133 kcal	
Béarnaise 397 kcal	
Blue cheese 172 kcal	

SIDES

Skinny fries VG 255 kcal	5	Mixed house salad V, GF 136 kcal	5
Thick cut chips VG 294 kcal	5	Roast root vegetables VG, GF 236 kcal	5
Seasonal greens V, GF 189 kcal	5	Three cheese truffle mac & cheese 286 kcal	6
Creamy mash V, GF 200 kcal	5	Posh fries with Parmesan & truffle oil 296 kcal	6

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V vegetarian • VG vegan • GF gluten-free

If you are concerned about any food allergies or dietary requirements please speak to a member of the team who would be delighted to assist. Adults require approximately 2000 kcal a day. All prices are inclusive of VAT and a discretionary gratuity of 12.5% is added to the total bill and divided fairly between the team and independently from the business.

HARBOUR

KITCHEN, BAR & TERRACE