

LUNCH

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	6.95
Beetroot & goat's curd salad V, VGA Heritage beets, land cress, candied walnuts, a drizzle of balsamic glaze 414 kcal	9
Potted ham hock Date and tamarind chutney, toasted sourdough 301 kcal	10

MAINS

Harbour fish & chips GFA Thick cut chips, smashed peas, tartare 825 kcal	19
Mushroom & black truffle gnocchi V, VGA King oyster mushrooms, sage, cream 677 kcal	19
Cheeseburger Slab bacon, relish, skinny fries 785 kcal	18
Harbour club sandwich Grilled chicken, bacon, mayo, hen's egg, lettuce and tomato on toasted bloomer 664 kcal	14
Fish finger sandwich Chopped iceberg lettuce, tartare sauce 391 kcal	13
Grilled cheese sandwich V Smoked cheese, aged cheddar, Branson pickle 646 kcal	9
Honey roast ham sandwich Dijonnaise dressing, mixed season leaves 403 kcal	10
Grains & greens salad VG Broccoli, quinoa, cous cous, pomegranate, toasted seeds 488 kcal	12
Chicken Caesar salad Hen's egg, romaine lettuce, croutons, anchovy, Caesar dressing 483 kcal	14

 @PadstowHarbourHotel

V vegetarian • VG vegan • GF gluten-free • GFA gluten-free available

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