

HARBOUR

KITCHEN & BAR

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	8
Twice baked cheese soufflé V   516 kcal Add smoked haddock   37 kcal	9.95 4
Potted ham hock Date and tamarind chutney, toasted sourdough   301 kcal	10
Popcorn cauliflower V Sticky Korean glaze, baby gem, sesame   521 kcal	8
Steamed mussels Cornish cider, crème fraîche, served with warm crusty bread   306 kcal	10
Prawn cocktail GF Chopped lettuce, avocado, cucumber, pink prawns, spiced dressing   491 kcal	12

GRILLED SHELLFISH

Grilled tiger prawns GF Garlic butter, samphire   214 kcal How many would you like?	3.95 each
Simple grilled scallops GF In a half shell, bacon crumb   181 kcal How many would you like?	4.5 each

MAINS

Catch of the day Please ask for today's catch	MP
Harbour fish & chips GFA Thick cut chips, smashed peas, tartare   825 kcal	19.5
Cod & crab Fillet of cod with a crab and herb crust, creamy mash, peas, butter sauce   761 kcal	24
Pan-fried rump of lamb Braised shoulder hash, smoked aubergine, roasted shallot   807 kcal	26
Butternut & chickpea curry VG Coconut braised rice, coriander, toasted cashew   549 kcal	21
Mushroom & black truffle gnocchi V, VGA King oyster mushrooms, sage, cream   677 kcal	19
Shepherd's pie Lamb shoulder, rosemary, topped with creamy mashed potato   659 kcal	19
Fillet of bass Celeriac purée, Tenderstem® broccoli, chicory, pancetta, red wine jus   554 kcal	22

FROM THE GRILL

Flat iron chicken GF Butter bean and chorizo cassoulet, baby leeks, wild mushrooms   923 kcal	23
8oz Sirloin steak GF Grilled tomato and mushroom, watercress   916 kcal	28
Harbour hamburger GFA Lettuce, tomato, burger relish, brioche bun, fries   892 kcal Add West Country cheddar or blue cheese   112/141 kcal Add maple-cured slab bacon   201 kcal	16 2 2.5
Sauces Peppercorn   201 kcal Red wine   133 kcal Béarnaise   397 kcal Blue cheese   172 kcal	3

SIDES

Skinny fries VG, GF   255 kcal	5
Posh fries with Parmesan & truffle GF   296 kcal	6
Thick cut chips VG, GF   294 kcal	5
Creamy mash V, GF   200 kcal	5
Seasonal greens V, GF   189 kcal	5
Roast root vegetables VG, GF   236 kcal	5
Mixed house salad VG, GF   136 kcal	5
Cauliflower cheese V Cream sauce, aged cheddar, regato   366 kcal	6

DESSERTS

Sticky toffee pudding V Warm with a rich toffee sauce and a dollop of vanilla bean ice cream   488 kcal	7
Apple crumble V, GF Baked apple slices with a hint of cinnamon, topped with a buttery crumble and vanilla custard   563 kcal	7
Dark chocolate tart V Milk chocolate tuille, pistachio ice cream   562 kcal	8
Classic crème brûlée V, GF Madagascan vanilla infused cream   763 kcal	8
Simple ice creams & sorbets V, GF Please ask for today's flavours	6.5
Selection of three local cheeses Chutney, biscuits   635 kcal	12

@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.

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