

HARBOUR			
KITCHEN, BAR & TERRACE			
LIGHT BITES		STARTERS	SIDES
Chicken popcorn	7	Soup of the day <span>V</span>	Skinny fries <span>VG, GF</span>   255 kcal
Saffron aioli   340 kcal		Croutons, grated cheese	
Tempura prawns <span>GF</span>	4 each	Twice baked cheese soufflé <span>V</span>   516 kcal	Posh fries with Parmesan & truffle <span>GF</span>   296 kcal
Sweet chilli sauce   167 kcal		Add smoked haddock   112 kcal	Thick cut chips <span>VG, GF</span>   294 kcal
Artisan bread <span>V</span>	5	Grilled tiger prawns <span>GFA</span>	Creamy mash <span>V, GF</span>   200 kcal
Oil and balsamic   352 kcal		Garlic butter, samphire, ciabatta   333 kcal	Seasonal greens <span>V, GF</span>   189 kcal
Spiced tempura vegetables <span>V, GF</span>	6	Beetroot & goat's curd salad <span>V, VGA</span>	Roast root vegetables <span>VG, GF</span>   236 kcal
A selection of tempura vegetables with dipping sauce   217 kcal		Heritage beets, land cress, candied walnuts, a drizzle of balsamic glaze   414 kcal	Mixed house salad <span>VG, GF</span>   136 kcal
MAINS		Potted ham hock	Three cheese mac & cheese
		Date and tamarind chutney, toasted sourdough   301 kcal	Aged cheddar, Parmesan and emmental cheese in a creamy sauce   388 kcal
Catch of the day	MP	FROM THE GRILL	<div><div> @StlvesHarbourHotel</div><div><div><span>V</span> vegetarian</div><div><span>VG</span> vegan • <span>VGA</span> vegan option available</div><div><span>GF</span> gluten-free • <span>GFA</span> gluten-free available</div><div><p>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.</p></div></div></div>
	Please ask for today's catch		
Harbour fish & chips <span>GFA</span>	19	Chicken supreme <span>GF</span>	
Thick cut chips, smashed peas, tartare   825 kcal		Mushroom and smoked bacon cream sauce   897 kcal	
Mushroom & black truffle gnocchi <span>V, VGA</span>	19	Harbour hamburger	
King oyster mushrooms, sage, cream   677 kcal		Lettuce, tomato, burger relish, brioche bun, fries   892 kcal	
Shepherd's pie	19	Add West Country cheddar or blue cheese   112/141 kcal	
Lamb shoulder, rosemary, topped with a layer of creamy mashed potato   659 kcal		Add maple-cured slab bacon   201 kcal	
Herb-crusted roast cod	23	8oz Ribeye steak <span>GF</span>	
Poached hen's egg, colcannon mash, butter sauce   712 kcal		30 day aged, locally sourced beef, steak salt   861 kcal	
Shellfish linguine	24	Add sauces	
Prawns, mussels, squid, tomato, cream   612 kcal		Peppercorn   201 kcal • Red wine   133 kcal	
Steamed mussels	12/ 19	Béarnaise   397 kcal • Blue cheese   172 kcal	
Cornish cider, crème fraîche, served with warm crusty bread   306 kcal		Add grilled tiger prawns	
		Garlic butter   46 kcal	

# HARBOUR

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