

light bites

- Chicken Popcorn**, saffron aioli 340 kcal 7
Tempura Prawns, sweet chilli sauce GF 167 kcal 4 each
Artisan Bread, oil and balsamic V 352 kcal 5
Spiced Tempura Vegetables, a selection of tempura vegetables with dipping sauce V,GF 217 kcal 6

starters

- Twice Baked Cheese Soufflé**, aged cheddar, cream sauce V 516 kcal 9.95
Add smoked haddock 112 kcal 4
- New Season English Asparagus**, hollandaise sauce, poached hen's egg V 388 kcal 10
- Grilled Fillet of Mackerel**, potato and crab salad, citrus fennel, saffron emulsion 316 kcal 10
- Ham Hock & Spring Pea Terrine**, piccalilli, toasted sourdough 538 kcal 10
- Whole Tiger Prawns**, samphire, lemon, ciabatta 159 kcal 14
- Peas, Mint & Broad Beans**, toasted sourdough, vegan feta cheese VG 388 kcal 8
- Severn & Wye Smoked Salmon**, soda bread, lemon 214 kcal 12
- Steamed Mussels**, Cornish cider, crème fraîche, served with warm crusty bread 306/612 kcal 10/19
- Air Cured Beef**, crispy feta, truffle, shallots and baby greens 383 kcal 12

mains

- Catch of The Day**, Please ask for today's catch MP
- R2R Fish & Chips**, thick cut chips, smashed peas and tartare sauce 844 kcal 19
- Seafood Linguine**, prawns, squid and mussels, rich tomato bisque 612 kcal 24
- Cauliflower Kiev**, Tenderstem® broccoli, watercress pesto V 710 kcal 19
- Vegetable Ragu Tagliatelle**, basil, ricotta, crispy onions 692 kcal 19
- Breaded Chicken Schnitzel**, rocket and tomato salad, fried hen's egg 917 kcal 19
- Herb Crusted Cod**, chorizo, tomatoes, chickpeas and white beans GF 917 kcal 24
- Sea Trout**, grilled asparagus, saffron potatoes, scallion and tomato dressing 718 kcal 26

from the grill

- Harbour Hamburger**, lettuce, tomato, burger relish, brioche bun, fries 892 kcal 19
Add West Country cheddar or blue cheese 112/141 kcal 2
Add maple-cured slab bacon 201 kcal 2.5
- Flat Iron Steak Frites**, watercress, rosemary salted fries 817 kcal 23
- 28-day Himalayan Dry-Aged 8oz Sirloin**, watercress, roasted tomato, your choice of steak sauce 873 kcal 27
- Steak Sauces**, béarnaise 397 kcal • green peppercorn 201 kcal • chimichurri 182 kcal • bone marrow gravy 115 kcal 3

sides

- Skinny Fries** VG,GF 255 kcal 5
- Posh Fries**, Parmesan and truffle GF 296 kcal 6
- Thick Cut Chips** VG,GF 294 kcal 5
- Seasonal Greens** V,GF 189 kcal 5
- Cauliflower Cheese**, cream sauce, aged cheddar, regato V 366 kcal 6
- Mixed House Salad** VG,GF 136 kcal 5

V vegetarian • VG vegan • GF gluten-free

 @padstowharbourhotel

R2R 50p from every sale of this dish will go to Room To Reward, a unique charity that utilises unsold hotel rooms to enable charities and communities to thank their dedicated volunteers with a well-earned short break.

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