

THE DOLPHIN TAVERN

GF Gluten Free GFA Gluten Free Available

To Start

Home-made Soup of the Day - please see the board for today's selection £5.95
Served with bread & butter (v) GFA

Prawn Cocktail £8.95
Prawns with a touch of marie rose, granary bread GFA

Crispy Whitebait £7.95
Crispy whitebait, served with granary bread, tartare sauce, lemon wedge & dressed leaves

Home-made Smoked Mackerel Pate £6.95
Served with crostini & dressed leaves GFA

Tempura Battered King Prawns £8.95
Tempura battered king prawns, sweet chilli dip

Salt and Pepper Squid £7.95
Battered squid bites, garlic mayonnaise, granary bread and dressed leaves

Halloumi Fries £6.95
BBQ dip, dressed leaves (v)

BBQ Ribs £7.95
Jalapeno coleslaw

Smoked Haddock Chowder £7.95
Served with granary bread & butter GFA

Nachos – a great sharing starter

Chilli Beef Nachos GF £11.95
Crispy tortillas topped with homemade chilli beef, melted cheddar, guacamole and sour cream

5 Bean Chilli Nachos GF £10.95
Crispy tortillas topped with homemade 5 bean chilli, melted cheddar, guacamole and sour cream (v)

Pulled Pork Nachos £12.95
Crispy tortillas topped with bbq pulled pork, melted cheddar, sweet chilli and sour cream

House Specialities

Sizzling Cornish Rump Steak £16.95
Strips of Cornish rump steak, fried onions & peppers topped with melted stilton, served on a cast iron platter with a side of chips

Sizzling Chicken £13.95
Strips of chicken breast, fried onions & peppers with a sweet chilli sauce topped with melting cheddar, served on a cast iron platter with a side of rice GF

Mushroom Sizzler £11.95
A combination of mushrooms, onions and mixed peppers in a creamy blue cheese sauce, served on a cast iron platter with a side of rice (v) GF

King Prawn Sizzler £16.95
A combination of king prawns, fried onions, peppers & sugar snap peas with a sweet chilli sauce served on a cast iron platter with a side of rice GF

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Pub Classics

Grilled Steak – 8-10oz Cornish Rump	£17.95
<i>Cornish steak, grilled tomato, field mushroom, onion rings, peas & chips GFA</i>	
Sauces – brandy & cracked black pepper or port & blue Cheese GFA	£3.00
Home-made Cornish Steak & Ale Pie	£12.95
<i>Chunky pieces of Cornish steak in a rich ale gravy topped with a light puff pastry lid, chips and peas</i>	
Full Rack of BBQ Ribs	£16.95
<i>Chips and jalapeno coleslaw GF</i>	
½ Rack of BBQ Ribs	£10.95
<i>Chips and jalapeno coleslaw GF</i>	
Cajun Chicken Burger	£12.95
<i>Marinated chicken breast, brioche bun, brie, bbq sauce, chips and coleslaw GFA</i>	
Home-made Chilli Con Carne	£11.95
<i>Spicy beef chilli, long grain rice, sour cream & garlic bread GFA</i>	
Ham, Eggs & Chips	£11.95
<i>Our own honey roasted West Country ham, fresh free range eggs & chips GF</i>	
Home Made Brisket & Bacon Cheese Burger	£12.95
<i>Minced Smoked bacon & beef brisket burger, brioche bun, cheddar cheese, gherkin, tomato, red onion marmalade, onion rings & chips GFA</i>	
Home-made Meat Lasagne	£11.95
<i>Garlic bread and dressed side salad</i>	

Salads

Newlyn Crab	£18.95
<i>Mixed dressed salad, new potatoes, soft boiled egg GF</i>	
Chicken Caesar	£6.95 / £12.95
<i>Cos lettuce, homemade croutons, crispy bacon, Caesar dressing GFA</i>	
Halloumi Salad	£6.95 / £12.95
<i>Grilled halloumi with roasted cherry tomatoes on a mixed dressed salad (v) GF</i>	

Sides

Garlic Bread (v)	£3.95	Onion Rings (v)	£3.50
Cheesy Garlic Bread (v)	£4.50	Salad Bowl (v)	£2.00
Cajun Wedges (v)	£3.95	New Potatoes (v)	£2.00
Chips (v)	£3.00	Cheesy Chips (v)	£3.50

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From the Boat

Grilled Hake £13.95
Locally landed Hake, herb crust, creamy mashed potato, roasted cherry tomatoes, parma ham crisp GF

Crispy Whitebait £13.95
Crispy whitebait, served with granary bread, tartare sauce, lemon wedge and salad

Cornish Duo £14.95
Fillets of 2 locally caught fish (ask at the bar for today's duo) in a saffron sauce served with new potatoes and sugar snap peas GF

Rattler Battered Catch of the Day £12.95
Chips, garden peas, dressed leaves and tartare sauce

Wholetail Scampi £13.95
Chips, peas, dressed leaves and tartare sauce

Battered Fish Burger £11.95
Rattler battered fish, brioche bun, tartare sauce, cos lettuce, chips, coleslaw

Salt and Pepper Squid £14.95
Battered squid bites, garlic mayonnaise, granary bread and dressed leaves

Smoked Haddock Chowder £13.95
Served with granary bread and butter GFA

Main Courses – Vegetarian / Vegan

Mushroom Sizzler £11.95
A combination of mushrooms, onions and mixed peppers in a creamy blue cheese sauce, served on a cast iron platter served with rice GF

Vegetarian Sausage, Egg and Chips £10.95
3 vegetable sausages, fresh free range farm eggs & chips

Home-made Vegetable Lasagne £11.95
Served with garlic bread & dressed salad

BBQ Lentil & Mixed Seed Burger £11.95
Served in a granary bun with new potatoes & mixed salad GF / VEGAN

Homemade 5 Bean Chilli £11.95
Served with long grain rice, sour cream and garlic bread GFA

Date and Almond Stack £11.95
Date and almond wild rice stack with a mixed salad VEGAN

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Children's Menu (recommended for 10yrs & under)

All served with chips or new potatoes & a choice of peas, beans or a salad.

Grilled GF or Battered Mini Fish (100% locally caught fish)	£6.95
Chicken Nuggets	£5.95
Scampi	£7.95
Home-made Meat Lasagne	£5.95
Homemade Vegetarian Lasagne (v)	£5.95
Ham & Egg GF	£5.95
Local Pork or Vegetarian sausage (V)	£5.95

Desserts

3 Scoops of Vanilla or Chocolate Ice Cream topped with Clotted Cream GFA	£4.95
<i>With hokey pokey (not gluten free)</i>	
Lemon Cheese Cake	£5.95
<i>Served with clotted cream, raspberry coulis & chocolate wafer curl</i>	
Warm Chocolate Brownie	£5.95
<i>Served with a strawberry and vanilla ice cream GF</i>	
Affogato al Caffè	£4.95
<i>Vanilla Ice Cream served with a double espresso and hokey pokey</i>	
<i>Add a shot of liqueur to your espresso for a 'Cheeky Affogato' - £2.00 GFA</i>	
Home-made Sticky Toffee Pudding	£5.95
<i>Served with a cream caramel sauce and Cornish clotted cream</i>	
Raspberry Pavlova Mess	£5.95
<i>Raspberries, meringue and vanilla fresh cream GF</i>	
Warm Vegan Chocolate Orange Pudding	£5.95
West Country Cheese Board	£7.95
<i>A selection of West Country cheeses with red onion marmalade GFA</i>	
<i>100ml Grahams LBV Port £4.50 - Perfect with the cheese board</i>	

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Lunch Only – Until 5pm

Locally Baked White or Granary Bread

*Served with homemade coleslaw and dressed leaves – Gluten free bread also available
All fillings are gluten free*

Chicken Caesar, Bacon, Parmesan & Cos Lettuce	£7.95
B.L.T with Mayonaise	£7.95
Newlyn Crab, Chilli & Lime Mayonaise	£14.95
Cheese & Pickle	£5.95
Brie & Cranberry	£6.95
Prawn in Marie Rose	£8.95
Honey Roasted Ham, Tomato & Wholegrain Mustard Mayonaise	£7.95
Smoked Salmon & Cream Cheese	£7.95

Jacket Potatoes

*Served with homemade coleslaw and dressed leaves
All fillings are gluten free*

Smoked Bacon & Brie	£7.95
Cheese & Beans	£5.95
Homemade Chilli Con Carne	£7.95
Homemade 5 Bean Chilli	£6.95
Prawn in Marie Rose	£7.95

Ploughman's

Dressed salad, bread and a selection of chutneys and pickles GFA

Smoked Mackerel	£10.95
Ham	£10.95
Blue Cheese	£9.95
Cheddar	£9.95
Ham, Blue Cheese & Cheddar	£12.95

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