

# The Dolphin Tavern

Quay Street, Penzance, Cornwall, TR18 4BD | 01736 364 106 | [dolphintavern.co.uk](http://dolphintavern.co.uk)

Richard, Siobhan, Paris and the crew would like to welcome you to The Dolphin Tavern, our lovely old pub which is famous for many reasons. As long ago as 1585, Sir John Hawkins used the pub as his headquarters when recruiting Cornishmen to fight against the Armada, and Sir Walter Raleigh himself is reported to have smoked the first pipe of tobacco in England in this very tavern.

Over the next centuries, the central part of the Tavern was used as a courtroom and Judge Jeffries - the infamous 'Hanging Judge' - is known to have presided over proceedings on several occasions.

As well as the colourful history of the place, The Dolphin Tavern is also renowned for its ghosts - all three of them! Rumoured to walk these rooms and corridors in the dead of night are an old sea captain, a young man once killed in an accident here on site, and an old lady who resides in the rooms upstairs. None of these are known to the present occupants, although the old 'Cornish Cook' is on nodding terms with one of them.....However, we do prefer to be well known for our hospitality, our good Cornish food, and a customer friendly atmosphere. We serve food from 12 noon till 3pm and 6pm till 9pm Monday – Friday, all day Sunday and will always endeavour to accommodate special requests.

Please remember our menu is predominantly cooked to order using the best quality local produce. Therefore, whilst we do not serve fast food, we aim to feed you in a timely manner!

Food Allergies and Intolerances: Before you order your food and drinks, please speak to our staff if you want to know more about our ingredients. All weights quoted are approximate, prior to cooking. Some fish dishes may contain bones. All dishes are subject to availability. All prices include VAT. Wholetail may contain one or more tails. All photography is for guidance only. Whilst we take every care to preserve the integrity of our vegetarian, vegan and gluten free products, we must advise that these products are handled in a multi-use kitchen environment.

(V) items suitable for vegetarians (VG) vegan

## 14 FOOD ALLERGENS



1 GLUTEN



2 EGGS



3 FISH



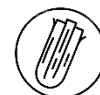
4 CRUSTACEANS



5 PEANUT



6 SOYA



7 CELERY



8 MILK



9 TREE NUTS



10 MUSTARD



11 SESAME



12 SULPHUR DIOXIDE



13 LUPIN



14 MOLLUSCS

## THE DOLPHIN TAVERN

### To Start

**Homemade Soup of the Day** 1,7 & 8 £6

**Crispy Whitebait, Tartare Sauce** 1, 2,3, 10 & 12 £8

**Crispy Squid, Garlic Mayonnaise** 1, 2, 10, 12 & 14  
£8

**Garlic Bread** 1 & 8 £4

**Cheesy Garlic Bread** 1 & 8 £5

**Feta & Beetroot Salad** 8, 10 & 12 £7

**Home-made Falafels with vegan curried mayo** 10 & 12 £7.50

### Nachos – a great sharing starter

**Chilli Beef Nachos** 8 & 12 £13

*Crispy tortillas topped with homemade chilli beef, melted cheddar, sour cream & sweet chilli*

**Bean Chilli Nachos** 8 £12.50

*Crispy tortillas topped with homemade bean chilli, melted cheddar, sour cream & sweet chilli*

**Naked Nachos** 8 £8

*melted cheddar, sour cream & sweet chilli*

### Sandwiches

*Choose from white, granary or gluten free bread*

***Cheese and Pickle***      **1, 8 10 & 12**      **£7**

***Newlyn Crab***      **1, 2, 4, 8, 10 & 12**      **£16.5**

***Beef & Horseradish***      **1, 2, 8, 10 & 12**      **£8.5**

***Please see the blackboard for daily specials***

## THE DOLPHIN TAVERN

### House Specialities

#### The Sizzlers

All served on a cast iron platter with a side of rice or chips

**Cornish Rump Steak Strips**     **8**     **£19**

*Fried onions & peppers topped with melted stilton*

**Sweet Chilli Chicken Strips**     **8**     **£18**

*Fried onions & peppers with a sweet chilli sauce topped with melting cheddar*

**Sweet Chilli King Prawn**     **4**     **£19**

*Fried onions & peppers with a sweet chilli sauce*

#### Mains

**Grilled Steak 8-10oz Cornish Rump**     **1 & 8**     **£19.50**

*Grilled tomato, mushroom, onion rings, garden peas & chips*

**Sauces** – Peppercorn or blue Cheese     **£3.50**

**Cajun Chicken Burger**     **1, 8, 10 & 12**     **£15**

*Floured bap, chips, onion rings, cheese & BBQ sauce*

**Home-made Chilli Con Carne**     **1, 8 & 12**     **£13**

*Rice, sour cream & garlic bread*

**Monterey Jack Cheese Burger**     **1, 8, 10 & 12**     **£14**

*Floured bap, onion rings & chips*



## THE DOLPHIN TAVERN

### Mains - continued

**Three Cheese Macaroni**      **1, 8, 10 & 12**      **£12**

*Garlic bread*

**Battered Fish & Chips**      **1, 2, 3, 10 & 12**      **£16**

*mushy peas & Tartare sauce*

**Crispy Squid**      **1, 2, 10, 12 & 14**      **£15**

*Salad & garlic mayo*

**Crispy Whitebait**      **1, 2, 3, 10 & 12**      **£15**

*Salad & tartare sauce*

**Grilled Local Fish of the Day**      **3 & 8**      **£16**

*Mash, greens, Lemon & Dill butter*

**Whole Tail Scampi**      **1, 2, 4, 10 & 12**      **£16**

*Chips, mushy peas & tartare sauce*

**Sharing Deep Fried Combo**      **1, 2, 3, 4, 10, 12 & 14**      **£20**

*Crispy whitebait, squid, scampi, chips & dips*

**Cornish Mussels**      **1, 8 & 14**      **£16**

*Moules Mariniere, baguette & butter (check availability)*

### Sides

*Garlic Bread (v) (VG)* **1, 8 & 9** £4  
*Cheesy Garlic Bread (v)* **1 & 8** £5  
*Bread & Butter (v)* **1 & 8** £3  
*Fries (VG)* £3.5  
*Macaroni Cheese* **1, 8 & 10** £5

*Onion Rings (v)* **1&8** £5  
*Salad Bowl (VG)* **10&12** £5  
*New Potatoes (v)* **8** £4  
*Cheesy Chips (v)* **8** £4.5

### **Dirty Fries**

*Bean Chilli & Cheese* £8 **8**

*Chilli Beef & Cheese* £9 **8 & 12**

*Jalapeno & Cheese* £7 **8**

## THE DOLPHIN TAVERN

### Vegetarian (V) & Vegan (VG)

#### To Start

(V) Home-made Soup of the Day - please see the board for today's selection **1 & 8** £6

(VG) Home-made Falafels with curried mayo **10 & 12** £7.5

(VG) Tofu & Beetroot Salad **6, 10 & 12** £7

(VG) Garlic Bread **1 & 9** £5

#### Mains

(VG) Home-made Spicy Bean Chilli **1** £13

Rice & garlic bread

(V) Three Cheese Macaroni **1,8,10 & 12** £12

Garlic bread

(VG) Sweet Chili Tofu & Vegetable Sizzler **6** £15

Rice or Fries

(VG) Tofu Madras Curry **6** £15

Rice or Fries & popadom

(VG) Dolphins own Falafel Burger **1,10 & 12** £15

Fries & curried mayo





## THE DOLPHIN TAVERN

### Kid's Menu (recommended for 10yrs & under)

All £7.5

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

**Grilled or Battered Local Fish** 3 / 1 & 3

**Crispy Chicken Nuggets** 1

**Scampi** 1,4 & 12

**Home-made Meat Lasagne** 1,8 & 10

**Three Cheese Macaroni (V)** 1,8,10 & 12

**Home-made Spicy Bean Chilli (VG)**

**Local Pork or Vegan sausage (VG)** 1,6 & 7

### Desserts

All £6.5

**3 Scoops of Vanilla or Chocolate Ice Cream** 8 / 6 & 8  
Topped with Clotted Cream & Hokey Pokey

**Home-made Passionfruit Mousse, with an Oaty Crumb** 1 & 8

**Chocolate Brownie** 2,6 & 8  
Served with a chocolate sauce

**(VG) Affogato al Caffè / Vegan Affogato al Caffè** 8 / 1  
Vanilla Ice Cream served with a double espresso  
Add a shot of liqueur to your espresso for a 'Cheeky Affogato'

**(VG) Home-made Vegan Sticky Toffee Pudding** 9  
Served with a caramel sauce

**(VG) Warm Vegan Chocolate Orange Cake** 1 & 6

### Cornish Cream Tea

**Pot of Tea for one**

**Scones clotted cream and strawberry preserve** 1,2 & 8

£7.5