

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	£4.95
<i>Served with bread & butter (v) GFA</i>	
Fresh Newlyn Crab & Prawn Cocktail	£9.95
<i>Fresh Newlyn crab & prawns with a touch of marie rose, granary bread GFA</i>	
Crispy Whitebait	£6.95
<i>Crispy whitebait, served with granary bread, tartare sauce, lemon wedge & dressed leaves</i>	
Home-made Smoked Mackerel Pate	£5.95
<i>Served with crostini & dressed leaves GFA</i>	
Home-made Brussels Pate	£6.95
<i>Pate with crostini, dressed leaves and red onion marmalade GFA</i>	
Salt and Pepper Squid	£7.95
<i>Battered squid bites, garlic mayonnaise, granary bread and dressed leaves</i>	
Halloumi Fries	£5.95
<i>Sweet chilli dip, dressed leaves (v)</i>	

Nachos – a great sharing starter **GF**

Chilli Beef Nachos	£9.95
<i>Crispy tortillas topped with homemade chilli beef, melted cheddar, guacamole and sour cream</i>	
5 Bean Chilli Nachos	£9.95
<i>Crispy tortillas topped with homemade 5 bean chilli, melted cheddar, guacamole and sour cream (v)</i>	

Main Courses – Vegetarian

Mushroom Sizzler	£11.95
<i>A combination of mushrooms, onions and mixed peppers in a creamy blue cheese sauce, served on a cast iron platter served with rice GF</i>	
Vegetarian Sausage, Egg and Chips	£10.95
<i>3 vegetable sausages, fresh free range farm eggs & chips</i>	
Home-made Vegetable Lasagne	£10.95
<i>Served with garlic bread & dressed salad</i>	
Home-made Spicy Vegetarian Burger	£11.95
<i>Served in a brioche bun with coriander mayonnaise, onion rings, chips & coleslaw GFA</i>	
Homemade 5 Bean Chilli	£10.95
<i>Served with long grain rice, sour cream and garlic bread GFA</i>	

Please see the blackboard for daily specials

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Pub Classics

Grilled Steak – 8-10oz Cornish Rump	£17.95
<i>Cornish steak, grilled tomato, field mushroom, beer battered 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	£11.95
<i>Chicken breast, brioche bun, brie, bbq sauce, chips and coleslaw GFA</i>	
Home-made Chilli Con Carne	£10.95
<i>Spicy beef chilli, long grain rice, sour cream & garlic bread GFA</i>	
Ham, Eggs & Chips	£10.95
<i>Our own honey roasted West Country ham, fresh free range eggs & chips GF</i>	
Home Made Brisket & Bacon Cheese Burger	£11.95
<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	£10.95 / £15.95
<i>Mixed dressed salad, new potatoes, soft boiled egg GF</i>	
Chicken Caesar	£6.95 / £11.95
<i>Cos lettuce, homemade croutons, crispy bacon, Caesar dressing GF</i>	
Halloumi Salad	£6.95 / £11.95
<i>Grilled halloumi with roasted cherry tomatoes & basil on a mixed dressed salad</i>	

Sides

Garlic Bread (v)	£3.95	Onion Rings (v)	£2.50
Cheesy Garlic Bread (v)	£4.50	Salad Bowl (v)	£2.00
Cajun Wedges (v)	£4.95	New Potatoes (v)	£2.00
Chips (v)	£2.50	Cheesy Chips (v)	£3.00

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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 GFA

Sizzling Chicken £12.95
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 and peppers with a sweet chilli sauce served on a cast iron platter with a side of rice GF

From the Boat

Grilled Hake with Parma Ham £12.95
Locally landed Hake fillet topped with a herb crust. Served with herb oil, new potatoes, roasted cherry tomatoes and a Parma ham crisp. GF

Crispy Whitebait £11.95
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 citrus dressed broccoli GF

Rattler Battered Catch of the Day £11.95
Chips, garden peas, dressed leaves and tartare sauce

Wholetail Scampi £12.95
Chips, peas, dressed leaves and tartare sauce

Grilled Sea Bass Fillets £16.95
Sea bass, crab crushed new potatoes, roasted fennel GF

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

Newlyn Crab and Prawn Chilli Linguine £14.95

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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)	£5.95
*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	£5.95

Desserts

3 Scoops of Cornish Vanilla Ice Cream topped with Clotted Cream GFA	£4.95
<i>With hokey pokey</i>	
Lemon and Shortbread Cheesecake	£5.95
<i>Served with raspberry coulis</i>	
Warm Chocolate Brownie	£5.95
<i>Served with strawberries and salted caramel ice cream</i> GF	
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</i> GFA	
Home-made Sticky Toffee Pudding	£5.95
<i>Served with a cream caramel sauce and Cornish clotted cream</i>	
Fresh Raspberry Pavlova	£5.95
<i>Raspberries, meringue and cream</i> GF	
West Country Cheese Board	£7.95
<i>A selection of West Country cheeses with red onion marmalade</i> GFA	
<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
Crab, Chilli & Lime Mayonnaise	£9.95
Cheese & Red Onion Marmalade	£5.95
Brie & Cranberry	£5.95
Prawn in Marie Rose	£7.95
Honey Roasted Ham, Tomato & Wholegrain Mustard Mayonnaise	£6.95
Smoked Salmon & Cream Cheese	£7.95
Tuna Mayonnaise & Cucumber	£6.95

Jacket Potatoes

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

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

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