

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	£8.95
<i>Fresh Newlyn crab & prawns with a touch of marie rose, granary bread GFA</i>	
Crispy Whitebait	£5.95
<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	£5.95
<i>Pate with crostini, dressed leaves and red onion marmalade GFA</i>	
Mackerel Fillet	£5.95
<i>Locally caught mackerel fillet, chorizo crisp & pickled cucumber</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</i>	

Main Courses – Vegetarian

Mushroom Sizzler	£10.95
<i>A combination of mushrooms, red 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	£9.95
<i>2 vegetable sausages, fresh free range farm eggs & chips</i>	
Home-made Vegetable Lasagne	£9.95
<i>Served with garlic bread & dressed salad</i>	
Home-made Spicy Vegetarian Burger	£10.95
<i>Served in a brioche bun with coriander mayonnaise, onion rings, chips & coleslaw GFA</i>	
Homemade 5 Bean Chilli	£9.95
<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	£16.95
<i>Cornish steak, grilled tomato, field mushroom, beer battered onion rings, peas & chips GF</i>	
Sauces – brandy & cracked black Pepper or port & blue Cheese GF	£3.00
Home-made Cornish Steak & Ale Pie	£11.95
<i>Chunky pieces of Cornish steak in a rich ale gravy topped with light puff pastry, chips and peas</i>	
Full Rack of BBQ Ribs	£15.95
<i>Chips and jalapeno coleslaw</i>	
½ Rack of BBQ Ribs	£10.95
<i>Chips and jalapeno coleslaw</i>	
Wholetail Scampi	£11.95
<i>Chips, peas, dressed leaves and tartare sauce</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>Ian Lenterns minced Smoked bacon & brisket, brioche bun, cheddar cheese, gherkin, tomato, red onion marmalade, onion rings & chips GFA</i>	
Home-made Meat Lasagne	£10.95
<i>Garlic bread and dressed side salad</i>	

Salads

Greek Salad	£5.95 / £10.95
<i>Olives, feta & sundried tomatoes GF</i>	
Newlyn Crab	£9.95 / £14.95
<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>	

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 £15.95
Strips of Cornish rump steak, fried onions & peppers topped with melted stilton, served on a cast iron platter with a side of chips GF

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 £10.95
A combination of mushrooms, red onions and mixed peppers in a creamy blue cheese sauce, served on a cast iron platter with a side of rice GF

King Prawn Sizzler £15.95
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 GF £11.95
Locally landed Hake fillet topped with a herb crust. Served with herb oil, new potatoes, roasted cherry tomatoes and a Parma ham crisp [Follow the fishing boat AJAXAH32.co.uk](http://FollowtheFishingBoat.co.uk) GFA

Crispy Whitebait £10.95
Crispy whitebait, served with granary bread & butter, tartare sauce, lemon wedge & salad

Newlyn Crab and Prawn Chilli Linguine £13.95

Cornish Duo £13.95
Fillets of 2 locally caught fish (ask at the bar for today's duo) in a saffron butter served with new potatoes & fine beans GF

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

Peppered Mackerel Fillets £10.95
Locally caught mackerel, new potato salad & dressed leaves GF

Grilled Plaice Fillets £12.95
Locally landed plaice, crushed new potatoes, caper butter, balsamic dressed rocket GF

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

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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	£5.50
*Scampi	£6.95
*Home-made Meat Lasagne	£4.95
*Homemade Vegetarian Lasagne (v)	£4.95
*Ham & Egg GF	£4.95
*Local Pork or Vegetarian sausage	£5.50

Desserts

3 Scoops of Cornish Vanilla Ice Cream topped with Clotted Cream GFA	£3.95
Warm Lemon Pudding <i>Served with vanilla ice cream</i>	£5.95
Chocolate Fudge Cake <i>Served with vanilla ice cream GF</i>	£4.95
Affogato al Caffè <i>Vanilla Ice Cream served with a double espresso and hokey pokey Add a shot of liqueur to your espresso for a 'Cheeky Affogato' - £2.00 GFA</i>	£4.95
Home-made Sticky Toffee Pudding <i>Served with a cream caramel sauce and Cornish clotted cream</i>	£5.95
Fresh Raspberry Pavlova <i>Raspberries, meringue and cream GF</i>	£4.95
West Country Cheese Board <i>A selection of West Country cheeses with red onion marmalade GFA</i>	£6.95
<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	£4.95
Brie & Cranberry	£4.95
Prawn in Marie Rose	£7.95
Honey Roasted Ham, Tomato & Wholegrain Mustard Mayonnaise	£6.95
Smoked Salmon & Cream Cheese	£7.95
Tuna Mayonnaise & Cucumber	£5.95

Jacket Potatoes

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

Smoked Bacon & Brie	£6.95
Cheese & Beans	£4.95
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	£11.95