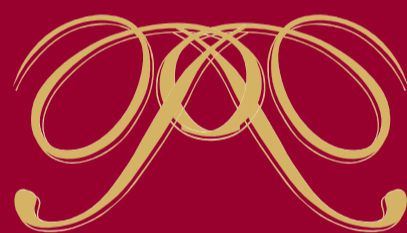


# *lunch*

THE PENVENTON PARK HOTEL



## STARTERS & LIGHT BITES

Prawn Cocktail <i>Fresh prawns, egg, lettuce &amp; Marie Rose</i>	£5.75
Pate de Campagne <i>Homemade chicken liver &amp; pork terrine with toasted bread</i>	£4.95
Melon with Fruit <i>Succulent Galia, freshly cut fruits &amp; raspberry coulis</i>	£4.45
Garlic Mushrooms <i>Fresh garlic, peppers, courgette &amp; garlic mayonnaise</i>	£4.25
Deep Fried Brie <i>Chunks of breaded Brie with a redcurrant dip &amp; garnish</i>	£5.25
Soup of the Day <i>Homemade with fresh local produce</i>	£3.95
Crab Soup <i>Served with cream &amp; sherry</i>	£4.45
Salmon Fishcakes <i>Salmon fillet, coriander, chilli. With a sweet chilli dip</i>	£5.75

## LOCAL MEAT

Sirloin Steak <i>Prime Cornish meat, cooked to taste with chips, onion rings &amp; a selection of vegetables</i>	£13.95
Fillet Stroganoff <i>Chunks of Cornish fillet in rich stroganoff sauce with braised rice</i>	£13.95
Chicken Curry <i>Mild style curry with poppodum, chef's rice &amp; accompaniments</i>	£7.95
Meatball Linguine <i>Homemade meatballs with tomato &amp; fresh basil sauce set on freshly cooked linguine</i>	£7.25
Chicken Duchesse <i>Tender chicken, creamy sauce with asparagus, mushroom &amp; ham. Served with a selection of vegetables</i>	£13.50
Chef's Burger <i>(with cheese &amp; bacon £9.95) Homemade burger with chunky chips, salad garnish &amp; tomato relish</i>	£8.95
Steak & Ale Pie <i>Cornish sirloin marinated in local ale topped with puff pastry &amp; served with a selection of vegetables</i>	£8.95

## FRESH FISH

Salmon Fishcakes <i>Salmon fillet, coriander, chilli. With a sweet chilli dip</i>	£5.75
Prawn & Sole Thermidor <i>Prawns &amp; sole fillet in light mustard &amp; cheese sauce With salad, chips or some of both</i>	£9.50
Atlantic Fish Pie & Peas <i>Medley of fish &amp; seafood topped with cheesy mashed potato. Served with peas.</i>	£9.50
Poached Salmon Salad <i>Salmon fillet, poached in a court bouillon, Set on a mixed salad platter.</i>	£8.95

## THREE EGG OMELETTES

Ripe Tomato & fresh basil	£5.75
Mushroom & red pepper	£5.75
Norwegian Prawn & tomato	£6.75
Onion & blue stilton	£6.25
Local Ham & spring onion	£5.95
Ham & chopped pineapple	£5.95
Breakfast Omelette <i>(Bacon, sausage, tomato &amp; mushroom)</i>	£6.25
<i>All served with salad, chips or some of both</i>	

## PASTA

Broccoli & Mushroom Carbonara <i>Tossed in a stilton &amp; cream sauce, topped with parmesan</i>	£8.95
Parma Ham Tortelloni <i>With fresh parmesan &amp; Parma Ham, served with a green salad</i>	£7.25
Homemade Lasagne <i>Rich Bolognese sauce, layered with pasta, spinach &amp; cheese sauce. Served with a garlic baguette &amp; salad garnish</i>	£8.50

## SALADS

Chicken Caesar Salad <i>Chargrilled chicken breast, homemade Caesar dressing &amp; topped with a poached egg</i>	£8.50
Prawn Salad Exotic <i>Fresh prawns, mixed fruity salad, cottage cheese &amp; granary roll</i>	£8.95
Poached Salmon Salad <i>Poached in a court bouillon, set on a mixed salad platter</i>	£8.95

## FRESHLY PREPARED SANDWICHES

Prawns bound in fresh mayonnaise	£5.50
Sliced Ham with onion, lettuce & English mustard	£4.95
All English Cheeses <i>Yarg, cheddar, cream or brie – you choose!</i>	£5.25
<i>All served with salad &amp; crisps on granary or white bread</i>	

## FRESHLY BAKED BAGUETTES

Grilled bacon, with melting brie & redcurrant dip	£6.95
Warm chicken breast & mixed salad, with mayonnaise	£6.95
Pan-fried sirloin with caramelized red onion & rich Cornish blue,	£8.95

## VEGETARIAN

Broccoli & Mushroom Carbonara <i>Tossed in a stilton &amp; cream sauce, topped with parmesan</i>	£8.95
Exotic Fruit & Nut Curry <i>Our mild curry sauce, with poppodum, chef's rice &amp; accompaniments</i>	£7.95

## ON THE SIDE

Garlic Baguette <i>(Farmhouse or white), with herbs</i>	£2.25
Garlic Baguette <i>(Farmhouse or white), with stilton or cheddar</i>	£2.75
Home-cut Chips	£2.25
Fresh Mixed Salad	£3.25
Tomato & Onion Salad with Pesto	£3.25

## HOW TO ORDER

Our Lunch Menu is available from 12 - 2pm Monday to Saturday. Simply order over the bar, we'll show you through to the restaurant when your table is ready. Or if you prefer you are welcome to eat in the Lounge Bar, or on the front terrace. Although all food is cooked to order, we aim to serve you within 15 minutes of ordering.

Please ask if you would like to see our CHILDREN'S MENU

## SPECIAL DIETARY REQUIREMENTS



Our chefs pride themselves on catering to your individual requirements. If you have a request, please feel free to ask a member of staff.

We have also achieved a CHEFS award, which stands for Cornwall Healthier Eating & Food Safety.

To obtain our gold award we had to demonstrate best practice, source a minimum 60% of ingredients/produce locally and offer healthier options on the menu. For more information ask your server about which dishes are a healthy option and which dishes can be made with alternative ingredients such as natural yogurt and creme fraiche to make them healthier but just as delicious!

## DESSERTS

We offer a selection of homemade desserts from our weekly menu; including our unique homemade Venetian Tiramisu. All desserts offered with Callestick Farm Ice Cream or Rodda's Clotted Cream.

## HOT BEVERAGES

We offer a variety of hot beverages including a wide selection of liqueur coffees with fresh cream.

## LOCAL SUPPLIERS & PRODUCE

Since the late 1960's Paola & David Pascoe have always sought the finest local produce. They, now with Laura & Aaron Pascoe, continue this tradition today with our strong links to local bakeries & farms, the famous Rodda's creamery & fresh fish caught off the Cornish coast delivered daily.