

Lunch

The Penventon Park Hotel

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PARK HOTEL

Available Monday to Saturday 12pm - 2pm
Telephone pre-orders welcomed 01209 203 000

STARTERS & LIGHT BITES

Prawn Cocktail	£5.95
<i>Prawns & King prawn, egg, lettuce & Marie Rose with brown bread & butter</i>	
Pate de Campagne	£5.50
<i>Chicken liver parfait & pork terrine, toasted brioche & spiced apple chutney</i>	
Melon with Fruit/ Melone Con Parma	£5.25
<i>Galia & Honeydew, seasonal berries & raspberry coulis or with Parma ham</i>	
Baked Portobello Mushroom	£5.50
<i>With Gevrik Goats cheese, pinenuts & aged balsamic reduction</i>	
Soup of the Day	£4.95
<i>Homemade daily with fresh local produce served with warm bread</i>	
Penventon Fish Soup	£5.50
<i>With local crab meat, garlic croutons, Rouille. Served with cream & sherry</i>	
'Tier Pesk'	£6.50
<i>Three mini fishcakes with dips: Crab - with parsley mayonnaise; Smoked Haddock - with homemade tartar sauce; & Salmon - with sweet chilli sauce</i>	

LOCAL MEAT

Prime Cornish Steaks	
8 oz Sirloin £16.95 ~ 8oz Fillet £19.95 ~ 14oz 'Planked' Sirloin £19.95	
<i>Cooked to taste with vine tomato & onion rings</i>	
<i>Served with hand-cut chips (or a selection of vegetables)</i>	
Fillet Stroganoff	£14.95
<i>Strips of Cornish fillet, gherkins & wild mushrooms in rich stroganoff sauce with braised rice</i>	
Chicken Curry	£8.50
<i>Mild style curry with poppodom, naan, coriander rice & accompaniments</i>	
Baked Ham & Double Free Range Eggs	£7.95
<i>Served with Hand cut chips</i>	
Chef's Lamb Burger	£9.50
<i>Homemade lamb burger with St. Endellion brie on toasted Ciabatta, Cos lettuce, mayonnaise, hand cut chips & mushroom ketchup</i>	
Steak & Ale Pie	£9.25
<i>Cornish sirloin marinated in local ale topped with puff pastry & served with a selection of vegetables</i>	

FRESH FISH

'Tier Pesk'	£6.50
<i>Three mini fishcakes with dips: Crab - with parsley mayonnaise; Smoked Haddock - with homemade tartar sauce; & Salmon - with sweet chilli sauce</i>	
Beer Battered Fish & Chips	£8.95
<i>Caught off the Cornish coast, with hand cut chips, minted pea puree & tartar sauce</i>	
Poached Salmon Salad	£9.25
<i>Salmon fillet, poached in a court bouillon, mixed salad, with potato salad & coleslaw</i>	
Seafood Thermidor	£9.95
<i>Prawns & white fish in light mustard & cheese sauce</i>	
<i>With hand cut chips & dressed salad garnish</i>	
Chef's Choice – please ask your server	£14.50
<i>Fresh today off the Cornish coast, served with seasonal vegetables & new potatoes</i>	

FREE RANGE EGG OMELETTES – 4 EGGS

<i>All served with hand cut chips & dressed salad garnish</i>	
<i>Other fillings available on request</i>	
Cornish white Crab meat	£9.50
Ripe Tomato & fresh basil	£5.95
Davidstow Cheddar	£5.95
Local Ham & spring onion	£6.25
Ham & chopped pineapple	£6.25
Breakfast Omelette	£6.35
<i>(Bacon, sausage, tomato & mushroom)</i>	

PASTA

Pappardelle with Pancetta	£8.50
<i>Fresh egg Pappardelle pasta tossed with pancetta & wild mushroom, Finished with a pesto dressing</i>	
Pasta Puttanesca	£7.95
<i>Classic Italian combination of capers, olives & sun-dried tomatoes, Finished with rocket leaves & Parmesan cheese.</i>	
Homemade Lasagne	£8.95
<i>Rich Bolognese sauce, layered with pasta, spinach & cheese sauce. Served with a garlic Ciabatta & salad garnish</i>	

FRESH SALADS

Chicken Caesar	£8.95
<i>Chargrilled chicken breast, homemade Caesar dressing & topped with a poached egg, marinated anchovies & parmesan shavings</i>	
Smoked Mackerel	£8.95
<i>Peppered & smoked Mackerel with mixed salad & horseradish cream</i>	
Poached Salmon	£9.25
<i>Salmon fillet, poached in a court bouillon, mixed salad, with potato salad & coleslaw</i>	

PLOUGHMAN'S LUNCH

<i>All with rustic Ciabatta, potato salad, coleslaw, pickled egg & onion and homemade chutney</i>	
Davidstow Cheddar	£8.95
Cornish Baked Ham	£8.95
Cornish Blue or Cornish Yarg	£8.95

RUSTIC ROLLS

<i>Ciabatta, served with crisps & dressed salad garnish</i>	
Davidstow & Homemade Chutney	£7.25
Ham & English Mustard	£7.95
Bacon & St. Endellion	£7.95
Chicken, Lettuce & Garlic Mayonnaise	£7.95
Prawn & Marie Rose	£8.50
Pan-fried sirloin with caramelized red onion & rich Cornish blue	£9.50

VEGETARIAN

Pasta Puttanesca	£7.95
<i>Classic Italian combination of capers, olives & sun-dried tomatoes, Finished with rocket leaves & Parmesan cheese.</i>	
Vegetable & Nut Curry	£8.25
<i>Our mild curry sauce, with poppodum, naan, coriander rice & accompaniments</i>	

ON THE SIDE

Garlic Ciabatta, with herbs	£2.50
Garlic Ciabatta, with Cornish Blue or Davidstow Cheddar	£3.25
Hand-cut Chips	£2.50
Fresh Mixed Salad	£3.50
Tomato & Onion Salad with Pesto	£3.50
Selection of Seasonal Vegetables	£3.75

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 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 ask a member of staff. We have also regained our CHEFS award (GOLD standard), which stands for Cornwall Healthier Eating & Food Safety - demonstrating best practice, sourcing a minimum of 60% of ingredients/ produce locally & offering healthier options on our menus. Ask your server which dishes are healthier options or can be prepared using alternative ingredients, such as natural yogurt or crème 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 Cornish 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.