

# The Three Pilchards

All our dishes are made fresh - with local ingredients where possible. Due to this, wait times can be increased during peak times where we advise of wait of around 45 minutes.

## — ■■ Favourites ■■ —

### **Pancetta Wrapped Chicken 17.95**

*Pork sausage & apricot stuffing - bubble & squeak cake - baby carrot purée - redcurrant jus - green veg medley*

### **BBQ Texan Beef Burger 14.95**

*Two 4oz beef burgers - BBQ sauce - gherkin - mixed leaves - onion rings - beef tomato - bacon - mozzarella - homemade chips - homemade slaw*

### **Double Cheese Burger 12.95**

*Two 4oz beef burgers - mozzarella - gherkin - mixed leaves - beef tomato - homemade Chips - homemade slaw*

### **Southern Fried Chicken Strip Burger 12.95**

*BBQ sauce - gherkin - mixed leaves - homemade chips - homemade slaw*

### **Ham Ploughman's 14.95**

*Fresh ham - homemade ham hock terrine - caramelised onion chutney - pickled onion - homemade slaw - fresh bread - homemade piccalilli*

### **v Cornish Cheeseboard for One or Two 16.95 / 30.95**

*Cornish: yarg, blue, smoked cheddar cheese - pickled gherkins - chutney - grapes - homemade piccalilli - fresh bakery bread - crackers*

*To ensure everyone receives their order in a fair & timely manner, during peak times we are unable to accommodate starters or desserts. Therefore all food items on your order will be presented to your table as one course.*

**v GF Bubble & Squeak Cake 8.95**

*Fried duck egg - pea purée*  
- \*Add homemade ham-hock terrine £1.95 -

**Slowly Braised Steak & Ale Pie 16.95**

*Mashed potato & cheese topping - green veg medley*

**GF Curried Lamb Kebab 17.95**

*Crispy onions - butternut squash purée - pineapple salsa -  
full salad - poppadom*

— ■ **Fish Dishes** ■ —

**Crab Bisque 8.95**

*Fresh bakery bread - Cornish butter - crème fraîche -  
chive*

**Locally Sourced Fish & Chips 17.45**

*Cod in cider batter - hand-cut chips - garden peas -  
homemade tartare*

**Melt-in-the-Middle Fish Cake 15.95**

*Smoked haddock, cod & chive cake - Cornish yarg sauce -  
homemade chips - salad garnish*

**10 Garlic Tiger Prawns 15.95**

*Peeled tiger prawns, oven baked in garlic butter - fresh  
bakery bread - salad garnish*

**GF Our Famous Fish Pie 18.95**

*Locally sourced fish - smoked haddock - peeled prawns -  
garden peas - garlic, cream & chive sauce - chive &  
mozzarella mash - green veg medley*

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**The Pilchards Cold Platter for One or Two 21.95 / 38.95**

*Home-smoked tiger prawns - 'hot smoked' salmon fillet -  
smoked mackerel - crevettes - Greenland prawns -  
pickled mussels - green lip mussels*

**GF Cold Prawn Trio Salad 17.95**

*Chilled Greenland prawns - 'shell-on' crevettes - tiger  
prawns - poppadom - pineapple salsa*

— ■ **Vegetarian & Vegan** ■ —

**VEGAN GF Vegan Indian Platter 14.95**

*Indian inspired parsnip, squash & sweet potato curry -  
poppadom - homemade onion bhaji - white rice - mango  
chutney*

**VEGAN GF Bean & Vegetable Shish Kebab 14.95**

*Crispy onions - pineapple salsa - full salad - poppadom*

**VEGAN GF Chef's Special Ratatouille 14.95**

*Roasted butternut squash bowl - vegetable ratatouille -  
rich tomato & basil sauce - lemon & thyme roasted new  
potatoes*

**v Cajun Breaded Halloumi Burger 14.95**

*Spiced tomato chutney - mixed leaves - gherkin - beef  
tomato - homemade slaw - homemade chips*

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## — ■■ Sandwich Selection ■■ —

All Sandwiches are served on a choice of white or granary bread accompanied by dehydrated vegetable crisps & homemade coleslaw

**Ham 9.95**

*Caramelised onion chutney - salad leaves*

**Mature Cheddar Cheese 9.95**

*Caramelised onion chutney - salad leaves*

**Prawn Marie-Rose 12.95**

*Salad leaves*

## — ■■ For the Under 12's ■■ —

All children's meals come with homemade chips and a choice of beans or peas

**Southern Fried Chicken 8.95**

**Local Sausages 8.95**

**Local Fish in Batter 8.95**

**v Cajun Breaded Halloumi 8.95**

**Cheeseburger 8.95**

## — ■■ Sides ■■ —

**<sup>VEGAN</sup>GF Green Vegetable Medley 4.95**

**v Garlic Ciabatta 4.45**

**v Garlic Ciabatta with Mozzarella 5.45**

**v GF Homemade Chips 4.45**

**v GF Homemade Chips with Cheese 5.45**

**v Onion Rings 3.95**

**<sup>VEGAN</sup>GF House Salad 4.95**

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