

The Strand Bistro

New Inn
Tywardreath

STARTERS

FOWEY STEAMED MUSSELS GF*

WHITE WINE, CREAM, GARLIC & BREAD • 7.95

“LARGE SIZE” WITH BREAD OR FRIES • 14.95

SPICY BUTTERNUT SQUASH SOUP • 6.25 GF*/V/D.F

SERVED WITH WARM CRUSTY BREAD

WHITEBAIT

WITH TARTARE SAUCE & SALAD • 6.50

BAKED MUSHROOM GF/V

RED ONION CHUTNEY & GOATS CHEESE • 6.95

CHICKEN LIVER TERRINE GF*

RED ONION CHUTNEY & TOAST • 6.95

SHELLFISH BISQUE GF*

SERVED WITH BAKED CIABATTA • 7.95

SMOKED MACKEREL PATE GF*

WITH SALAD AND TOAST • 6.50

TEMPURA TIGER PRAWNS • 7.95 (3)

SWEET CHILLI SAUCE, SALAD AND BREAD OR AS A
MAIN WITH BREAD OR FRIES • 14.95 (6)

STRAND PLATTER FOR TWO • 12.50 GF*

CURED MEATS, HALLOUMI, WHITEBAIT, OLIVES
PATES & BREAD

SPECIALS

LOCAL PHEASANT BREAST • 14.95

WRAPPED IN SMOKED HAM SERVED WITH
DAUPHINOISE WITH RED CURRANT JUS
AND VEGETABLES

FISHERMANS PIE & FRENCH BEANS • 13.95

(COD, SMK HADDOCK, SALMON & PRAWNS) GF

THAI CHICKEN CURRY GF* • 12.95

SERVED WITH JASMINE RICE, NAAN BREAD &
POPPADOM

LOCAL LAMB MOUSSAKA • 12.95

WITH A CHOICE OF FRIES OR GARLIC BREAD

SPINACH & RICOTTA TORTELLINI V • 11.95

GRILLED MEDITERANEAN VEGETABLES & PESTO

BRAISED SHORT BEEF RIBS GF • 13.95

SERVED WITH MASH & FRESH VEGETABLES
MUSHROOM & SHALLOT SAUCE

SEAFOOD

ST AUSTELL BEER BATTERED HADDOCK • 12.95

WITH MUSHY PEAS OR GARDEN PEAS
& CHIPS

BREADED SCAMPI & CHIPS • 11.95

WITH GARDEN PEAS OR MUSHY, SALAD

BREADED WHITEBAIT

TARTARE SAUCE, SALAD & FRIES • 10.95

FISH OF THE DAY

WHOLE PAN FRIED LOCAL LEMON

SOLE • 14.95 GF

LEMON CAPER BUTTER, NEW
POTATOES AND VEGETABLES

PAN FRIED HADDOCK FILLET • 15.95 GF*

PRAWN & DILL SAUCE

CRUSHED POTATOES & VEGETABLES

CHAR-GRILL

THE STRAND BURGER GF*

TOPPED WITH BACON & CHEESE

SERVED WITH FRIES • 11.50

LOCAL LAMB KOFTA'S GF*

WITH FETA, OLIVE SALAD & TZATZIKI

CHOICE OF PITA BREAD & STUFFED VINE LEAVES • 14.50

SPICY BEAN FALAFEL BURGER GF*/V

TOPPED WITH HALLOUMI & PESTO MAYO

SERVED WITH FRIES • 10.50

TYWARDREATH SAUSAGES GF

ON MUSTARD MASH, PEAS AND GRAVY • 11.50

GAMMON STEAK GF

WITH EGG OR PINEAPPLE, SALAD & CHIPS • 12.95

RIB EYE STEAK GF*

SERVED WITH MUSHROOMS, ONION RINGS

FRIES OR CHIPS • 18.95

SURF AND TURF GF

TOPPED WITH GARLIC PRAWNS FRIES OR CHIPS • 21.95

PEPPERCORN OR MUSHROOM SAUCE ETC • 2.50 GF*

HOMEMADE DESSERTS • 5.95

STICKY TOFFEE PUDDING

BUTTERSCOTCH SAUCE AND VANILLA ICE CREAM

CREME BRULEE GF*

WITH FRESH RASPBERRIES

MIXED ICE CREAM GF*

STRAWBERRY, CHOCOLATE & VANILLA • 4.95

WARM CHOCOLATE & NUT BROWNIE GF

WITH VANILLA ICE CREAM

LEMON CHEESECAKE

WITH VANILLA ICE CREAM

RHUBARB & APPLE CRUMBLE GF*

VANILLA ICE CREAM, CUSTARD OR CLOTTED CREAM

CORNISH CHEESEBOARD & BISCUITS • 6.95

CORNISH YARG, CORNISH BRIE & CORNISH BLUE GF*

GF: Gluten free GF* Can be Gluten free Vegetarian

Allergen information is available upon request.

Please let your server know about any intolerance to

specific allergens and we will be able to inform you which of our dishes is safe for you to eat. Please note, the information may not always be supplied by your server but from a trained member of our team who will be able to assist.

“SIDE ORDERS” PLEASE SEE BACK
OF MENU