

# Porthminster

*kitchen*

## BREAKFAST

### PK Kitchen Fry-Up

Bacon - Sausage - Fried Potato  
Mushroom - Beans - Toast - Tomato  
Fried Free Range Egg / 8

### Vegetarian Fry-Up

Falafel - Fried Potato - Mushroom - Beans  
Toast - Tomato - Fried Free Range Egg / 7.5

### Poached Eggs

Smashed Avocado - Labna  
Spicy Nuts - Toast / 7.5

### House Made Granola

Yoghurt - Honey - Fresh Fruit / 6.5

### Award-Winning Kippers

Lemon - Spinach - Naked Tartare / DF GF / 6.5

### Two Free Range Eggs

Poached - Scrambled - Fried on Toast / 4.5

## EXTRAS

Gluten Free Toast / 2  
Cornish Back Bacon / 1  
Smoked Salmon / 2.5  
Grilled Field Mushrooms / 1  
Local Sausage / 1.5  
Baked Beans / .50  
Grilled Tomato / .75  
Spinach / .75  
Slice of Toast / .75  
Champagne / 8  
Prosecco / 5  
Bloody Mary / 6

**Toasted Homebaked Bread**  
Served with Cornish Butter / 3

Please ask about our cakes of the day & freshly baked pastries

## KIDS MENU

Fish & Chips / DF / 5

Macaroni & Cheese / V / 5

Chickpea Falafel / GF V / 5

Shepherd's Pie / 5

## HAND-ROASTED FRESH GROUND COFFEE

Espresso / 1.95 / 2.4

Macchiato / 2.05 / 2.5

Flat White / 2.7

Americano / 2.5

Latte / 2.7

Cappuccino / 2.7

Mocha / 3

Luxury Hot Chocolate / 3

Add Cream / .30

Fresh Iced Coffee / 3

## CORNISH TEAS

### Cornish Tregothnan

Loose Leaf Breakfast Tea, Earl Grey,  
Peppermint, Green, Chamomile, Manuka  
Red Berry / 2.25

### Fresh Mint Tea

From our vertical roof garden / 2.25

DF Dairy Free / GF Gluten Free / V Vegetarian

## LUNCH

### Basket of Bread

Cornish Butter / V / 3.5

### English Mustard Pork Crackle

Cornish Cider Sauce / DF / 4

### Padron Peppers

Cornish Sea Salt - Lemon / DF GF V / 4

### PK Green Olives

Goats Cheese - Chilli - Honey - Thyme / GF V / 4

### Crispy Fried Squid Rings

Black Spice - Yuzu Mayonnaise - Asian Slaw / DF GF / 7

### Steamed Asparagus

Truffle Cured Egg - Pickled Walnuts / DF GF V / 8

### Cornish Half Shell Scallop

Macaroni Cheese - Bacon Jam - Truffle / 4

### Cornish Charcuterie

House Pickles - Crisp Bread - Piccalilli / 8

### Anchovy & Sage Fritters

Red Spiced Salt - Lemon / DF / 4

### Smoked Fish Chowder

Porthminster Kitchen Style - Toast / 7.5

### Moules Frites

Garlic - Fresh Herbs - White Wine / GF / 11

### Pumpkin and Chickpea Stovie

Quinoa - Poached Egg - Pumpkin Oil / DF GF V / 12

### PK Vegetarian Curry

Seasonal Vegetables - Coriander - Rice / DF GF V / 12

### PK Seafood Curry

Local Fish - Mussels - Prawns - Bok Choi - Rice / DF GF / 15

### Steak Sandwich (Hanger Steak)

Green Bean Salad - Hazelnut - Truffle Mustard Sauce / DF / 14

### Cornish Hake Fillet

Bubble & Squeak - Parma Ham - Hollandaise / GF / 16

### PK Fish & Chips

Skinny Fries - Lemon - Sour Dough Batter / DF / 13  
Curry Sauce / Tartar Sauce / Mayonnaise / 1

### Cornish Mackerel Fillets & Vermicelli

Tomato - Fresh Herbs - Mascarpone - Rocket / 12

## SIDES

Garden Peas - Mint - Butter / V GF / 4

Baby Gem Salad - Honey Mustard Dressing / DF GF V / 3

Skinny Fries - Truffle - Manchego - Pink Peppercorns / GF V / 3.5

Crispy Potatoes - Chorizo - Red Onions - Coriander / DF GF / 4.5

Burnt Kale - Chilli Caramel - Toasted Coconut / DF GF V / 4

Please be aware that some dishes may contain traces of nuts.

We are happy to adapt any of our dishes to suit any specific dietary requirements.

WE ARE OPEN FOR  
**BREAKFAST**  
UNTIL 11AM

**LUNCH**  
FROM 12 NOON

**DINNER**  
FROM 5.30PM

**COFFEE**  
**COCKTAILS**  
**DRINKS**

## DINNER

### APPETISERS

#### Basket of Bread

Cornish Butter / V / 3.5

#### English Mustard Pork Crackle

Cornish Cider Sauce / DF / 4

#### Ponzu Mackerel Paté

Homemade Soda Bread - Dukkah / 6

#### PK Green Olives

Goats Cheese - Chilli - Honey / GF V / 4

#### Padron Peppers

Cornish Sea Salt - Lemon / DF GF V / 4

#### White Anchovy & Sage Fritters

Red Spiced Salt - Lemon / DF / 4

## STARTERS

### Steamed Asparagus

Truffle Cured Egg - Pickled Walnuts  
Chive Mayonnaise / DF GF V / 8

### Cornish Half Shell Scallops

Macaroni Cheese - Bacon Jam - Truffle / 8.5

### Sticky Pork Belly

Fried Prawns - Black Spiced Crisp - Cucumber / GF / 7

### Crispy Fried Squid Rings

Black Spice - Yuzu Mayonnaise - Asian Slaw / DF GF / 7

### Pan Fried Mackerel Fillets

Almond & Parmesan Crumble - Herb Salad / 7

### Moules Marinere

Garlic - Fresh Herbs - White Wine / GF / 11

## MAINS

### PK Seafood Curry

Local Fish - Mussels - Prawns - Bok Choi  
Sweet Potato - Rice / DF GF / 15

### Cornish Hake Fillet

Bubble & Squeak - Parma Ham - Hollandaise / GF / 16

### Steamed Plaice Fillets & Crab Bouillabaisse

Local Seafood - New Potatoes - Rouille - Crouton / DF / 18

### Braised Shoulder of Lamb

Asparagus - Minted Peas - New Potatoes - Confit Carrots / GF / 16

### Prime Aged Rib Eye Steak

Greens - Mushroom - Celeriac - Truffle Mustard  
Béarnaise / GF / 19

### PK Vegetable Curry

Seasonal Vegetables - Coriander - Rice / DF GF V / 13

### PK Fish & Chips

Skinny Fries - Lemon - Sour Dough Batter / DF / 13  
(Curry Sauce / Tartar Sauce / Mayonnaise) / 1

## DESSERTS

### Coconut Panna Cotta

Exotic Fruits / DF GF V / 6.5

### Apple & Rhubarb Crumble

Liquorice Custard - Vanilla Ice Cream / GF V / 6.5

### Sticky Toffee Pudding

Clotted Cream - Fudge - Walnuts / V / 6.5

### Dark Chocolate Mousse Tart

Strawberry Sorbet - Mascarpone / 6.5

### English Cheese Board

Three Cheeses - Quince - Crackers / 9

EVENING RESERVATIONS 01736 799874

[www.porthminster.kitchen](http://www.porthminster.kitchen)

