

SAMPHIRE BISTRO

Prix Fixe Menu

2 Courses £15 - 3 Courses £18

Starters

- Moules Mariniere with Cream, French Baguette
- French Onion Soup, Crouton, Cheese
- Tempura Vegetables, Salad, Sweet Chili Sauce

Main

- Local Seafood, Smoked Haddock & Leek Chowder
- Chicken Leg, Mushroom & Bacon Sauce
- Dauphinoise Potato, Vegetables
- Aubergine Parcels, Wilted Greens, Tomato Sauce
- 5oz 'Minute' Rump Steak, Fries & Salad

Dessert

- Chocolate Brownie, Ice Cream Chocolate Sauce
- Creme Brulee, Shortbread Biscuit
- Selection of Ice Cream

Available Every Lunch & Dinner

6pm to 7pm on Friday & Saturday Evenings

Simple French Bistro Food

Using Local Ingredients

Cooked with Class & Care



STARTERS

Bread or Olives	£3
Rabbit Loin on Rabbit, Mushroom & Pearl Barley Risotto	£7
French Onion Soup, Crouton, Cheese Glaze	£4
Falmouth Bay Scallops, Pork Belly, Butternut Squash Puree	£8
Seafood au Gratin, Parsley & Parmesan Crust	£7
Moules Mariniere with Cream, French Baguette	£6
Baked Camembert, Selection of Cured Meats, Olives, Salad & Bread (for two)	£12
Creamed Garlic Mushrooms, Spinach & Blue Cheese Bruschetta (v)	£6

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FISH

Local Hake Fillet, Red Lentil Dhal, Coriander Creme Fraiche	£15
Cornish Plaice, Prawn, Lemon & Parsley Stuffing, Vegetables & Potatoes	£17
Cornish Lobster, Grilled with Garlic Butter, Served with Salad & Fries	£26
Seafood Platter, 1/2 Cornish Lobster Grilled with Garlic Butter, Moules Marineier, Tempura Fish, Salad & Fries	£26

(Pre-order your Lobsters 24 hours in advance to avoid disappointment)

MEAT

Breaded Chicken Breast, Garlic & Herb Butter, Mash Potato & Vegetables	£13
Pork Rib-eye Steak, Roasted Squash, Puy Lentils & Sage	£15
Confit Duck Leg, Dauphinoise Potatoes, Green Beans, Red Wine Sauce	£15

STEAK - All served with Fries, Salad, Roasted Tomatoes & Onion Compote

Onglet - Best cooked rare, boasts rich steak flavor.	£14
Rump - Considered to have more flavor than other cuts	£15
Fillet - The most prized cut of beef, extremely tender	£24
Sauce - Blue Cheese - Peppercorn - Mushroom	£2

VEGETARIAN - Please ask for today's Special

Roasted Squash, Kale, Goats Cheese & Toasted Almond Tagliatelle	£13
Red Onion Tart Tatin, Blue Cheese Salad, Walnut Dressing	£12

SIDES

Mash, Fries, Salad, Mixed Vegetables, Garlic Bread	£3
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Desserts

<i>Lemon Tart, Creme Fraiche & Berry Coulis</i>	<i>£6</i>
<i>Chocolate Mousse, Meringue, Coffee Ice Cream</i>	<i>£6</i>
<i>Apple Tart Tatin, Clotted Cream (20 minutes)</i>	<i>£6</i>
<i>Creme Brulee, Shortbread Biscuit</i>	<i>£5</i>
<i>Selection of Home-made Ice Creams</i>	<i>£5</i>
<i>Cheese Board, Crackers & Home-made Chutney</i>	<i>£8</i>
<i>Port - Cockburn's Ruby 50ml £3.00 - Taylor's LBV 50ml £3.50</i>	

After Dinner Cocktails

<i>Espresso Martini</i>	<i>Vodka, Espresso & Vanilla Syrup</i>	<i>£6</i>
<i>Samphire After Dinner</i>	<i>Gin, Crème de Cacao & Cream, Shaken Over Ice, Freshly Grated Nutmeg</i>	<i>£6</i>
<i>Amaretto Hot Shot</i>	<i>Amaretto & Espresso With Fresh Cream</i>	<i>£3.50</i>
<i>Liqueur Coffees</i>	<i>Baileys, Calypso, Irish, Royal</i>	<i>£4.50</i>
	<i>Should You Prefer Any Other Liqueur, Please Ask</i>	
	<i>Chauffeurs - £3.00</i>	



Tea & Coffee

Wide Selection of Tregothnan Lose leaf teas from the famous estate in Cornwall

Coffee supplied by Olfactory a micro roastery based in the outskirts of historic Penryn

