



# The Dolphin Tavern



## **Appetisers**

**Homemade Soup of the Day** - please see the board for today's selection **£3.95**  
*Served with crusty bread and butter*

**Fresh Newlyn Crab & Prawn Tower** **£6.95**  
*Fresh Newlyn crab & prawns on a bed of shredded lettuce, served with white granary bread & butter  
And our own Marie Rose sauce*

**Crispy Whitebait** **£4.95**  
*Crispy whitebait, served with white granary bread and butter,  
lemon wedges and salad garnish*

**Seasoned Calamari Rings** **£4.95**  
*Calamari rings lightly seasoned and served with white granary bread and butter,  
lemon wedge and salad garnish*

**Cajun Potato Wedges** **£3.95**  
*Chunky wedges tossed in Cajun spices, served with garlic mayonnaise  
and salad garnish*

**Garlic Bread** **£2.50**  
*French stick smothered with a garlic & herb butter*

**Cheesy Garlic Bread** **£2.95**  
*French stick smothered with a garlic & herb butter topped with either Cheddar or Stilton*

**Nachos** **£6.95**  
*Crispy tortillas topped with either chilli beef or grilled vegetables and melted Cheddar  
served with sour cream and sweet chilli dip*

## **Main Courses – Vegetarian**

**Mushroom Sizzler** **£7.95**  
*A combination of creamy mushrooms, red onions, mixed peppers with fresh garlic and herbs,  
served with chips* **W11**

**Vegetarian Sausage, Egg and Chips** **£7.95**  
*A trio of Quorn sausages served with 2 fresh free range eggs and chips*

**Tagliatelle Zolchi** **£8.95**  
*Ribbons of pasta topped with roasted Mediterranean vegetables in our own  
Napolitano sauce topped with melting goats' cheese*

**Homemade Spinach & Feta Pie** **£7.95**  
*A combination of spinach, feta and onions baked in short crust pastry and  
served with new potatoes and salad bowl* **W5**

**Homemade Vegetable Lasagne** **£7.95**  
*Served with garlic bread and salad bowl* **W6**



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## **Main Courses – Meat**

### **House Speciality – Sizzling Cornish Rump Steak** £12.95

*Strips of cornish rump steak, fried onions & peppers topped with melted Stilton and served on a cast iron platter with a side order of chips.*

W10

### **House Speciality – Sizzling Chicken** £10.95

*Strips of chicken breast, fried onions & peppers with a sweet chilli sauce topped with melting Cheddar and served on a cast iron platter with a side order of chips.*

W4

### **Grilled Steak – 8-10oz Cornish Rump** £13.95

*Cornish steak cooked to your specifications, served with grilled tomato, mushrooms, crispy onion rings, peas, chips and a salad garnish*

### **Homemade Cornish Steak & Ale Pie** £9.95

*Chunky pieces of Cornish steak in a rich ale gravy topped with light puff pastry served with chips and a selection of fresh local vegetables*

W12

### **Homemade Chilli Con Carne** £8.95

*Spicy beef chilli served with long grain rice, sour cream and garlic bread*

### **Ham, Eggs & Chips** £7.95

*Our own honey roasted West Country ham served with fresh free range eggs and chips*

### **Beef Burger** £8.95

*100% 6oz beef burger served in a lightly toasted bun with local Cheddar and our own red onion marmalade served with chips and salad*

### **Homemade Meat Lasagne** £8.95

*Served with garlic bread and salad*

### **Chicken, Bacon & Cheese Salad** Small £4.95

*Warmed chicken & smoked bacon topped with either Stilton or Cheddar*

Large £8.95

### **Chicken & Bacon Wrap** £7.95

*Marinated chicken, smoked bacon, onion, pepper and Cheddar wrapped in a flour tortilla served with chips and salad bowl*

## **Side Orders**

**Chips** £2.50

**Onion rings** £2.50

**Salad bowl** £2.00

**New potatoes** £2.00



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## **Main Courses – Fish**

### **Grilled Sole**

£13.95

*Locally caught sole grilled and served with a lemon and butter sauce, new potatoes and fresh local vegetables*

### **Grilled Cod**

£10.95

*Locally landed Cod grilled with lemon and olive oil, served with crushed new potatoes and roasted Mediterranean vegetables*

### **Grilled Mackerel**

£8.95

*Locally caught mackerel grilled in a light coating of sea salt and served with crusty bread and salad bowl*

W6

### **Wholetail Scampi**

£9.95

*Crispy scampi served with chips, peas and lemon wedge*

### **Crispy Whitebait**

£9.95

*Crispy whitebait, served with white granary bread and butter, lemon wedges and salad*

### **Seasoned Calamari Rings**

£9.95

*Calamari rings lightly seasoned and served with white granary bread and butter, lemon wedge and salad*

W8

### **Newlyn Crab Salad**

£13.95

*Fresh Newlyn crab served with warmed new potatoes and salad bowl (fresh white meat only)*

### **Crispy Haddock**

£8.95

*Crispy, battered Haddock served with chips, peas and a lemon wedge*

### **Cornish Trio**

£13.95

*Fillets of 3 locally caught fish (ask at the bar for today's trio) in a saffron butter served with new potatoes and fresh local vegetables*

**PLEASE BE SURE TO CHECK OUR DAILY SPECIALS BOARD FOR A VARIETY OF OTHER FRESH, LOCALLY CAUGHT FISH OPTIONS.**



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## **Children's Menu** (recommended for 10yrs and under)

All served with chips or new potatoes and a choice of peas, beans or a salad.

<b>Fish Fingers</b>	<b>£4.95</b>
<b>Homemade Chicken Nuggets (100% chicken breast)</b>	<b>£4.95</b>
<b>Scampi</b>	<b>£4.95</b>
<b>Homemade Meat or Vegetarian Lasagne</b>	<b>£4.95</b>
<b>Ham &amp; Egg</b>	<b>£4.95</b>
<b>Sausages</b>	<b>£4.95</b>
<b>Pasta with a creamy tomato sauce topped with grated cheddar</b>	<b>£4.95</b>

## **Desserts**

All served with a choice of custard, ice cream or clotted cream

ALL £4.95

### **Homemade Apple, Cinnamon and Sultana Crumble**

A classic home-made crumble

### **Chocolate Fudge Cake**

Chocolate on chocolate on chocolate

### **Lemon and Sultana Cheesecake**

A creamy cheesecake flavoured with real lemons and juicy sultanas

### **Sticky Toffee Pudding**

A light sponge pudding drizzled with sticky toffee

### **Jam Sponge**

A light sponge pudding drizzled with strawberry jam

### **Dolphins Cheese Board**

A selection of cheeses with our own red onion marmalade