

FOWEY LOUNGE & BAR MENU

SERVED FROM 12PM - 9PM

Nibbles

Smoked & Peppered Almonds	£2.50
Sunblush Tomatoes	£2.50
Spanish Olive Mix	£2.50
A sample of all three	£3.50

Starters

Homemade Soup of the Day ■■ fresh bread of the day	£7.00
Chicken Liver Parfait apple chutney, toasted brioche, aged balsamic	£7.00
Grilled Cornish Sardines ■■ toasted granary bread, tomato salsa, roquette pesto	£7.00
Goats Cheese Tar Tan (V) ■■ red onion marmalade, basil pesto, dressed roquette	£7.00
Pan Seared Cornish Mackerel ■■ niçoise salad, sauce vierge	£7.50
Smoked Salmon & Prawn Cocktail saffron mayonnaise, brown buttered fresh bread	£8.00
Crispy Whitebait picked leaves, citrus mayonnaise	£7.00
Shredded Duck Salad bean sprouts, spring onion, ginger	£8.50

Freshly Cut Sandwiches

*Served on granary, wholemeal or white bread.
Accompanied by a crisp picked leaf house salad.*

Roasted Striploin Beef cream of horseradish	£9.00
Smoked Salmon cucumber, cream cheese	£8.50
Cornish Cheddar (V) ■■ tomato chutney	£7.00
Tuna Mayonnaise spring onion	£7.00
Hand Picked Cornish Crab ■■ lemon mayonnaise	£12.50
Loaded Veggie (V) smoked cornish cheddar, sun-dried tomato, pesto, egg mayonnaise, roasted peppers	£10.50
St Endellion Brie (V) ■■ apple chutney	£7.50
Cured Ham english mustard mayonnaise	£7.50
Prawn & Dill citrus cocktail sauce	£8.50
Egg Mayonnaise (V) ■■ watercress	£7.00

Mains

Confit Duck Leg crushed cornish new potatoes, tenderstem, roast shallots, port jus	£13.00
Cornish Beer Battered Fish ■■ pea purée, thick cut chips, tartar sauce	£13.00
Catch of the Day ■■ steamed seasonal vegetables, Cornish new potatoes, parsley sauce	£14.00
Butternut Squash Risotto (V) ■■ poached egg, roquette	£11.00
Honey Roast Breast of Chicken char-grilled vegetables, new potatoes, basil & balsamic	£14.00
Prime 8oz Devon & Cornwall Rib Eye Steak thick cut chips, roast tomatoes, button mushrooms, garlic butter	£22.00
Writers Block Ale Braised Steak Pie steamed seasonal vegetables, Cornish new potatoes	£14.00
Pan Seared Cornish Mackerel ■■ scallion crushed Cornish new potatoes, fine beans, marinated tomatoes	£13.00
Chicken Caesar Salad	£12.00

Sides

Chunky Chips	£3.50
Crisp Picked Leaf House Salad	£3.50
Steamed Seasonal Vegetables	£3.50
Buttered Cornish New Potatoes	£3.50
Roquette & Parmesan Salad	£3.50
Char-grilled Vegetables	£3.50

Burgers & Ciabattas

Char-Grilled Chicken Breast Burger <i>brioche bun, tomato, shallot salad, lightly spiced chilli mayonnaise, chips</i>	£13.00
Devon & Cornwall Beef Burger <i>brioche bun, bacon, St. Endellion brie, tomato chutney, thick cut chips</i>	£13.00
Camembert & Parmesan Burger (V) <i>red onion marmalade, thick cut chips</i>	£11.50
Cured Ham & Soft Cheese Ciabatta <i>tomato chutney, crisp picked leaf house salad</i>	£8.00
Red Onion & Goats Cheese Ciabatta (V) ■■ <i>basil oil, crisp picked leaf house salad</i>	£8.00
Tuna & St Endellion Brie Ciabatta ■■ <i>crisp picked leaf house salad</i>	£8.00

Salads

Served with mixed leaves, coleslaw, potato salad & couscous.

Cornish Cheddar ■■	£10.00
Warm Roasted Chicken	£12.00
Honey Roast Ham	£10.50
Smoked Salmon	£12.50
Roasted Striploin of Beef	£14.50
Hand Picked Cornish Crab ■■	£18.50

Desserts

Simply Meringue, Strawberries & Cornish Clotted Cream ■■ £7.50
raspberry coulis

Dark Chocolate Marquise ■■ £7.00
saffron poached pear, Cornish clotted cream

Dessert of the Day £7.50
chefs choice from the Á la Carte menu

Cornish Cheese Plate - a selection of three ■■ £10.00
apple chutney, grapes, selection of biscuits

St Endellion Luxury Brie, Helford Blue, Keltic Gold,
Cornish Smuggler, Tintagel Cornish Goats Cheese

Selection of Local Cornish Ice Cream £7.00

Callestick Ice Cream - a selection of three
clotted cream vanilla, toasted coconut, honeycomb,
clotted cream & strawberries, chocolate fudge,
rum & raisin, Cornish sea salted caramel

Hot Beverages

Espresso	£2.50
Double Espresso	£3.50
Cappucino	£3.50
Caffè Latte,	£3.50
Caffè macchiato	£3.50
Americano	£3.50
Mug of Hot Chocolate	£3.50
Pot of Coffee/Decaffeinated Coffee (serves 1)	£3.50
Large Pot of Coffee/Decaffeinated Coffee (serves 2)	£5.00

Pot of Loose Leaf Tea £2.75
Large Pot of Loose Leaf Tea (serves 2) £4.50

English Breakfast, Earl Grey, Assam, Lapsang Souchong,
Jasmine, Darjeeling, Decaffeinated, Egyptian Mint, Green tea,
White Pear Ginger & Parisian Pomegranate

Afternoon Tea

Hot Buttered Toasted Tea Cake £2.75

Cornish Cream Tea £7.50
Pot of loose leaf tea, two scones, locally made
strawberry preserve, cornish clotted cream.

G&T Cream Tea £17.00
As above plus a glass of Hendrick's Gin & Tonic

Full Afternoon Tea £17.50
Pot of loose leaf tea, a selection of sandwiches, a choice
of two fruit or plain scones, locally made strawberry preserve,
Cornish clotted cream and a selection of cakes.

Champagne Afternoon Tea £25.00
As above plus a glass of Moët & Chandon

Loose Leaf Tea, why?

There are a number of reasons, but they all come back to quality. Though loose leaf teas and teas in bags originate from the same plant, there are a few factors that influence the quality, taste and longevity of the final tea.

High quality loose leaf teas are picked from the Camellia Sinenis plants finest hand picked buds, whole tea leaves, large pieces of leaves or a combination of these parts. The time of year and growing conditions greatly affect the quality of tea. When all of these factors are taken into account, much like a fine wine, the tea retains its distinctive flavours and characteristics.

In contrast, the tea found in tea bags usually consist of smaller pieces of tea leaves or tea fannings which may be a quicker brew, but lack the subtlety and full flavour of the larger loose leaf teas. Some loose leaf teas like Monkey picked Oolong Tea, can even be re-steeped yielding multiple cups of flavourful and healthy tea. Tea bags can also release more tannins than loose teas giving a harsher flavour to the tea.

"Low or High" Afternoon Tea

Tea consumption increased dramatically during the early nineteenth century and it is around this time that Anna, the 7th Duchess of Bedford is said to have complained of "having that sinking feeling" during the late afternoon. At the time it was usual for people to take only two main meals a day, breakfast, and dinner at around 8 o'clock in the evening. The solution for the Duchess was a pot a tea and a light snack, taken privately in her boudoir during the afternoon.

Later friends were invited to join her in her rooms at Woburn Abbey and this summer practice proved so popular that the Duchess continued it when she returned to London, sending cards to her friends asking them to join her for "tea and a walking the fields." Other social hostesses quickly picked up on the idea and the practice became respectable enough to move it into the drawing room. Before long all of fashionable society was sipping tea and nibbling sandwiches in the middle of the afternoon.

Occasionally you will see hotels serving a 'high tea'. Traditionally, the upper classes would serve a 'low' or 'afternoon' tea around four o'clock, just before the fashionable promenade in Hyde Park. The middle and lower classes would have a more substantial 'high' tea later in the day, at five or six o'clock, in place of a late dinner. The names derive from the height of the tables on which the meals are served, high tea being served at the dinner table.

■■■ - Locally sourced ingredients