

MAIN MENU

We pride ourselves on using only locally sourced produce wherever possible. Many of our menu items are available to buy from our Deli Shop just behind the Restaurant
The majority of our Fish is landed in Mevagissey, Looe or right here just yards away on the Quay
Our Mussel Beds are visible in the Bay from our Terrace
Vegetarian (some Vegan), Gluten Free or Gluten Free alternative available (please ask)
are denoted by V and G throughout the menu

It is important that you advise of any food intolerance prior to ordering

All our dishes are prepared from fresh ingredients and cooked to order

NO HIDDEN EXTRAS

Our Meals are all served complete, but you are welcome to add extra Side Orders

APPETISERS

Sit back, relax and order some Appetisers with your drinks while we prepare your meal

Warm Flatbread with Olive Oil and Balsamic Dip V 3.95 Keith's Marinated Olives GV 3.95

STARTERS Also see the Seafood Menu

LAMB KOFTAS

Cornish Lamb Koftas with Coriander and Chilli with Yoghurt Mint Dip and warm Flatbread G 7.95

BAKED BRIE

Baked Baby Cornish Trevarrian Brie with Cranberry Port Compote and Saffron Toast GV 7.50

COD FRITTERS

Cod Bites in our Cornish Skinners Ale Batter with Caper Mayonnaise dip 7.50

GARLIC MUSHROOMS

Baked Garlic Mushrooms, with Parsley and Cream, glazed with Cornish Cheese GV 6.95

SUN BLUSH TOMATO HUMMUS

Keith's Sunblush Tomatoes blended with Fresh Hummus and served with warm Flatbread GV 6.95

ANTI PASTO SALUMI

A Trio of Deli Farm's Cornish Salami with warm Flatbread and Extra Virgin Olive Oil G 8.95

ANTI PASTO VEGETERANIO

Brie, Mozzarella, Goats Cheese, Sunblush Tomatoes, Artichoke, Piquanté Peppers and Olives GV 8.50

WRECKERS FISHCAKES

Cod, Smoked Haddock and Salmon Fishcakes with Capucine Capers and Pearl Onions G
Starter 7.95 or Main with House Salad 12.95

LOADED NACHOS

Tortilla Chips loaded with Tomato Salsa, melted Cheese, Jalapeños, Guacamole and Sour Cream V 7.95

FISH many of our Seafood and Fish starters are also available as main courses

CATCH OF THE DAY

Selection of today's local Fish Fillets with a Wreckers Fish Cake and Provençal Vegetables **G 18.50**

WRECKERS FAMOUS COD AND CHIPS

Large portion of Cod deep fried in Cornish Ale Batter with chunky Chips and Mushy Peas **13.95**

ROASTED COD & BACON

Roasted local Cod Fillet with Sweetcure Bacon, Broccoli and Garlic Champ Potatoes **G 16.50**

CORNISH SEABASS FILLET Wilted Spinach, Butternut Squash, Artichoke and Sunblush Tomato **G 17.50**

TRIO OF FRESH FISH PASTA Fresh Cod, Smoked Haddock, Salmon in a Creamy Velouté **G 13.50**

STEAKS Choose one of our 28 day aged Prime Cornish Steaks

8OZ SIRLOIN STEAK 21.95 **or** **8OZ FILLET STEAK 25.95**

Both served with a Choice of :

Dauphinoise Potatoes and Seasonal Vegetables **G**

OR Chunky Chips with Field Mushroom and Tomato **G**

OR Mixed Salad, with Coleslaw **G**

and includes Sauce on the side:

Blue Cheese Stilton and Port G

Peppercorn Cracked Black Pepper and Cream **G**

Diane Mushroom, Brandy and Mustard **G**

OUR BURGERS

WRECKERS CLASSIC DIRTY BURGER Two Kittows Cornish pure Beef Patties stacked with Sweetcure Bacon, Cheddar, Tomato, Iceberg Lettuce, Mayo and Skinny Fries or House Salad **13.95**

SOUTHERN FRIED CHICKEN BURGER Chicken Breast Fillet deep fried in our own special Crumb with Cheddar, Iceberg lettuce, Tomato, Mayo and Skinny Fries or House Salad **13.95**

PULLED PORK BURGER Our own homecooked pulled Pork with Cheddar, sticky Bourbon Sauce, Iceberg Lettuce, Tomato, Mayo and Skinny Fries or House Salad **13.95**

MEAT

CHICKEN SALSA Pan Fried Chicken Breast topped with mild Tomato Salsa and melted Mozzarella served with Sweet Potato Fries and Garlic Mayo **G 16.95**

LAMB TRIO Braised Rump, Marinated Cutlet & Kofta with Fondant Potato and Spring Greens **G 19.95**

PORK FILLET with scrumpy apple gravy, Roast Baby Potatoes and Seasonal Vegetables **G 17.95**

VEGETARIAN

BEEF AND BEAN BURGER Our own recipe Veggie Burger with Cheddar, Tomato, Crisp Lettuce, Mayo and Skinny Fries or House Salad with Coleslaw **V 13.95**

BAKED AUBERGINE STEAKS with Artichokes and Sunblush Tomatoes, topped with, melted Cornish Goats Cheese and served with Sweet Potato Fries **VG 13.95**

TORTELLI DI ZUCCA Delicious Roasted Pumpkin and Amaretti Pasta Parcels tossed in a Sage and Butter Sauce, Cracked Black Pepper and Vegetarian Parmesan **V 11.50**

POMODORO PASTA with Sunblush Tomatoes, Basil, Tomato Provençal Sauce and Vegetarian Parmesan Cheese **GV 7.00/14.00** gluten free available

SIDE ORDERS

Chunky Chips **3.00** Skinny Fries **3.00** Sweet Potato Fries **3.95** Garlic Bread **3.50** Onion Rings **3.50**
House Salad **3.95** Green Salad **3.00** Seasonal Vegetables **3.50** Buttered Mash **3.50** New Potatoes **3.00**

DESSERTS

RASPBERRY MERINGUE MESS G

Crushed Meringue with Raspberry Coulis, Clotted Cream and Chocolate Drizzle G 6.95

MOCHA AMARETTI SUNDAE

Amaretti Macaroons with Double Chocolate Ice Cream, drizzled with Espresso Coffee and Chocolate sauce, topped with Clotted Cream 6.95

LEMON POSSET

Our Chef's fabulous fresh Lemon Posset served Raspberry Coulis and Shortbread G 6.95

MANDARIN CREPES

Our Warm Crepes served with Mandarins, Cointreau Drizzle and Vanilla Bean Ice Cream 6.95

HONEYCOMB CRUNCH

Cinder Toffee and Chocolate crushed with Honeycomb Ice Cream and Clotted Cream G 6.95

STICKY TOFFEE PUDDING

Chef's Traditional Sticky Toffee Pudding finished with Vanilla Bean Ice Cream 6.95

BELGIAN WAFFLES

Warm Sweet Belgian Waffles topped with Double Chocolate Ice Cream and Raspberry Coulis 6.95

TRIO OF CORNISH ICE CREAM

Simply Cornish Ice Cream. Choose any combination of 3 Scoops served with Clotted Cream Choose from Vanilla Bean, Honeycomb Crunch, Strawberry, Double Chocolate, Salted Caramel 6.95

FRESH HAND BAKED CORNISH PÂTISSERIE

Please see our Cake Chiller for today's selection G 6.95

Served with a choice of Clotted Cream, Cornish Ice cream or Dairy Custard

CORNISH CHEESE BOARD 8.95

A selection of 6 Cornish Cheeses served with Wafers (Gluten Free available) and Apple Chutney
MISS WENNA An artisan crafted Cornish Brie from Curds & Crout , a deliciously mild and creamy with a melting smooth texture made using full fat Cow's Milk VG

YARG fresh Lemony Crumbly Cheese famously wrapped in Nettle leaves from Pengreep Dairy at Ponsanooth. As the Cheese matures the edible nettle rind imparts a delicate mushroom flavour and develops its unique bloomy white appearance. VG

CORNISH BLUE a truly artisan handmade cheese made with milk from Bodmin Moor. It is dry salted by hand before being left to mature for 12 weeks, producing a smooth rich buttery flavour. VG

MISS MUFFET Sweet continental style washed curd cheese with a supple texture and nutty creamy flavour. The unique edible pink/grey mould rind is peculiar to their maturing room at Whalesborough Cheese in Bude VG

CORNISH SMUGGLER An attractive Farmhouse Cheese from Sue Proudfoot at Whalesborough Cheese with wonderful red marbling and a deep creamy flavour VG

DAVIDSTOW CHEDDAR one of Britain's most popular Cheeses since 1951. Made to a traditional recipe creating a strong yet well-rounded flavour with a slight crunch and crumbly texture. VG

CLASSIC AFFOGATO A Double Espresso served with a ball of Vanilla Ice Cream 4.00

LIQUEUR COFFEES all 6.95