

# THE SEAHORSE

## PENTÉWAN SANDS

### Starters & Nibbles

#### Soup of the Day (v)(vg)

Made in-house by our chefs, served with focaccia bread.

#### Garlic Bread Pizza (gfo)

Hand prepared by our pizza chef, perfect to share. Add cheese for £1.50

#### Spicy Chicken Wings (b)

6 chicken wings in our spice mix, served with sweet chilli dip or Srirachi sauce. Sharing portion (10 wings) + £3.00

#### Beef Chilli Nachos

Crispy tortilla chips smothered in our signature beef chilli, topped with heaps of cheese, red chillies and served with tomato relish, guacamole and sour cream. Large + £2.00

#### Chesnut Mushroom Gnocchi (v)

Chesnut mushroom gnocchi in a creamed mushroom & parmesan sauce

#### £5.95 Bread & Olives

Juicy olives served with a chunk of focaccia and balsamic dip

£5.95

#### £7.95 Beefy Mac n Cheese

Beef brisket, slow cooked by our chefs and mixed with gooey Mac n Cheese. Large + £2.00

£7.95

#### £8.95 Salt & Pepper Squid

Squid pieces in our special crumb with chefs own aioli and a salad garnish

£8.95

#### £7.95 Vegan Chilli Nachos(v)(vg)

Like the look of our Beef Chilli Nachos but don't eat meat? Try our Vegan Chilli Nachos. Mushroom and mixed bean chilli made by our Vegan Cookery award winning Exec Chef. topped with vegan cheese and served with guacamole and tomato relish. Large + £2.00

£7.95

#### £7.95 BBQ Pork Ribs (b)

Sticky BBQ ribs served with a whisky BBQ dipping sauce

£8.95

### Pizza

Hand prepared and cooked to order by our chefs. Gluten free bases available on request. All our pizzas are 12' bases.

#### Classic - Cheese & Tomato

Cheese with our tomato & herb base topped with rocket. Add you own toppings + £1.50/topping

#### Classic - Pepperoni

Classic cheese & tomato with pepperoni

#### BBQ Pulled Pork

BBQ sauce base topped with pulled pork, slow cooked on site.

#### Peri - Peri Chicken

Classic base with peri-peri chicken, peppers, onion marmalade & chillis

#### Vegan Special

Classic vegan base topped with vegan mozzarella, artichokes, sunblushed tomato, kalamata olives drizzled with our basil, walnut & rocket pesto

#### £11.95 Four Cheese Pizza

A mix of cheddar, mozzarella, goat's cheese & Cornish Brie on our tomato & herb base. Garnished with rocket

£14.95

#### £12.95

#### Classic - Ham & Pineapple

The age old question - does pineapple belong on pizza? We'll leave you to debate this whilst we cook your pizza

£12.95

#### £13.95

#### Meat Feast

Classic base topped with pepperoni, chicken, chorizo & peppered salami

£14.95

#### £14.95

#### Vegan BBQ

BBQ sauce base topped with BBQ jackfruit, tomato & vegan mozzarella

£13.95

#### £14.95

**Extra toppings** - Pineapple, anchovies, extra cheese, pepperoni, ham, chicken, blue cheese (+50p)

£1.50

each

### Main courses

### Burgers

Choose either beef or chicken. All of our burgers are served in a brioche bun with lettuce, tomato & onion, tomato relish and skin on fries. Add an extra burger for £2.50

#### Classic burger (gfo)

#### Cheeseburger (gfo)

Classic burger with your choice of cheddar, chilli cheese or blue cheese

#### The Seahorse Burger

Beef burger topped with our signature slow-cooked beef brisket, cheddar cheese, onion rings & pickle

#### Southern Fried Chicken Burger

Southern fried chicken fillet burger with all the trimmings and chipotle mayo

#### Cajun Spiced Halloumi Burger (v)

Halloumi cheese coated in spicy breadcrumbs topped with a flat mushroom, cheddar cheese, salad and chipotle mayo

#### Black Bean & Walnut Burger (vg)

Made in-house and served with all the trimmings

**Extra toppings** - Cheese, mushroom, onion rings or bacon

### Salads

All salads are served with focaccia bread

#### £13.95 Chicken & Bacon Caesar Salad

Chicken, bacon & cos lettuce leaves coated in caesar salad dressing topped with croutons, anchovies & parmesan cheese

£13.95

#### £14.95

#### Seahorse Ploughman's

Slices of ham, cheddar cheese, focaccia, pickled cucumber, onions, gherkins & apples served with a mixed salad and a delicious mug of our soup of the day

£14.95

#### £15.95

#### Cajun Halloumi & Falafel Salad

Crumbed cajun halloumi, falafel, mixed leaves, onion, cucumber, tomatoes and olives all dressed in a tangy salad dressing

£14.95

#### £14.95 Salmon Nicoise\*

Flakes of cold poached salmon, boiled egg, potato, olives and cos lettuce leaves coated in olive oil dressing

£16.95

### Toasted Ciabatta - Available from 12pm to 3pm

£13.95 Served with mixed leaves and your choice of filling from the following - Add skin on fries or wedges + £2.00

#### £1.00 each Bacon, Brie & Cranberry

#### £1.00 each Mozzarella, Tomato & Cheddar

#### £1.00 each Cheddar, Bacon & Chicken with Tomato Relish

#### £1.00 each Southern Fried Chicken

£8.95

each

£8.95

### Fish & Grill

#### Beer Battered Fish & Chips

Battered cod fillet served with chunky chips, crushed minted or garden peas and our own tartare sauce

#### £13.95 Garlic & Lemon Chicken Breast

Chicken breast marinated in lemon & garlic. Served with sauteed new potatoes & seasonal veg or house salad.

£14.95

#### £21.95

#### 8oz Rib-Eye Steak

Served with your choice of skin-on fries or chunky chips and mushrooms, onion rings, tomato & rocket. Homemade peppercorn or mushroom sauce for £2.50

Served with your choice of skin-on fries or chunky chips, caramelised pineapple and garden peas

£13.95

#### £16.95 Ribs & Chicken

Half a rack of BBQ ribs and 3 chicken wings served with whiskey BBQ dipping sauce and house slaw. Upgrade to a full rack of ribs or 6 wings + £4.00

£16.95

#### £12.95 Mediterranean Roasted Vegetable Pasta

A selection of vegetables roasted for extra flavour in a rich tomato & herb sauce served with a slice of garlic bread

£13.95

### Sides

#### £3.50 Dirty Fries or Wedges

£3.75 Smothered in our signature beef chilli and topped with chillies and cheese. Sharing portion + £3.00

£5.95

#### £3.75

#### £3.75 Dirty Onion Rings

£3.95 Smothered in our signature beef chilli and topped with chillies and cheese. Sharing portion + £3.00

£6.25

#### £3.50

Skin-on Fries

Spicy Wedges

Onion Rings

New Potatoes (add chorizo + 50p)

Seasonal Vegetables

House Salad