

Dinner Menu 2010

Surfing quote

Success is the result of right choices. Choose your waves wisely!

NIBBLES

Fresh bread with aged balsamic & Extra Virgin olive oil (V)	£3.50
Fresh bread with houmous & guacamole (V)	£4.00
Marinated bowl of olives (V)	£3.00

STARTERS

Chefs soup of the day (please ask your server) (V)	£5.00
Pan fried Cornish scallops with black pudding, pea & mint puree with wasabi vinagertte	£8.00
Tasting platter for two to include - sticky ginger chicken wings, smoked salmon & cream cheese pate, coconut tempura tiger prawns, pork ribs, warm bread, marinated olives with houmous, guacamole, lime & sweet chilli sauce	£11.00
Moules marinière Locally caught plump mussels in a creamy garlic & white wine sauce served with fresh bread	£7.00
Tiger prawns marinated in a garlic, basil & olive oil served on a brushetta with plum tomatoes & mixed leaves	£7.00
Coconut tempura tiger prawns with mixed leaves lime & sweet chilli sauce	£8.00
Belly pork confit with homemade shallot & apple chilli jam with mixed leaves	£7.00
Cornish goat's cheese spinach, sun blushed tomatoes & pine nut, puff pastry tart, with mixed leaves & basil oil (V)	£7.00
Smoked salmon & cream cheese pate with toasted ciabatta bread & mixed leaves	£7.00
Sticky ginger chicken wings with mixed leaves	£6.00

MAINS

Moules marinière Locally caught plump mussels in a creamy garlic & white wine sauce served with fries <u>or</u> bread	£13.00
10oz Sirloin steak, grilled tomato, fried onions, port wine jus & hand cut chips	£18.50
Free range chicken breast stuffed with Cornish Goats cheese & herbs served with crushed new potatoes, wild mushrooms & tarragon sauce	£15.00
Surf & Turf – Shellfish with 10oz Sirloin steak, garlic butter & hand cut chips	£21.50
The Fistral Blu beef burger topped with cheese homemade onion rings & bacon served with fries	£10.00
Slow roasted pork ribs with a BBQ glaze sauce & hand cut chips	£12.50
Cornish beer battered fish with pea puree, homemade tartar sauce & hand cut chips	£11.00
Grilled pork loin with wholegrain mustard mash, red onion marmalade, Cornish blue cheese and red wine jus	£16.00
Tempura tiger prawns <u>or</u> fish <u>or</u> chicken on stir fried vegetables and chilli noodles.	£14.00
Sun blushed tomatoes & pea risotto with fresh herb oil topped with parmesan(V)	£11.00
Thai green curry with chilli, ginger, garlic & coconut cream served with noodles, chicken <u>or</u> vegetables (V)	£14.00 £12.00
Thai style fishcakes with mixed leaves, sweet chilli sauce & fries	£12.00
Cornish fish pie – An individual fish pie packed with salmon, haddock & chunky white fish in a creamy leek & saffron sauce topped with mashed potato & melted cheese	£11.00
Lobster – 24hrs notice required - Grilled with garlic butter or Thermidor	Market Price

SIDE DISHES

Seasonal side salad	£3.50
French fries	
Hand cut chips	
Garlic bread	
Onion rings	
Homemade coleslaw	
Seasonal vegetables	
New potatoes	

BREAKFAST
Served weekends from
9.30am-11.30am

Probably the best breakfast in the world

Current Offers

Steak Night

Every Thursday 2 steaks and a bottle of wine
£30

Sunday Roasts at Fistral Blu

Every Sunday lunch, the very best locally sourced meats and vegetables

2 Courses only £12.00
3 Courses £15.00

Don't forget to visit



Our Suppliers

Meat: C & G Meats, Brian Everington and Mr Meats of Newquay, Kingsley Village
Fish: Matthew Stevens and Celtic fish and game of St Ives
Vegetables: Newquay fruit sales
Coffee: Cornish Coffee

Fistral Blu is committed to supporting local businesses. Most of our meat is locally sourced from Cornwall and the fish is caught off the Cornish coast. We are always more than happy to adapt dishes where possible. We do not, intentionally, use genetically modified food.