

Lunch 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
Tasting platter for two to include - sticky ginger chicken wings, smoked salmon & cream cheese pate, coconut tempura tiger prawns, 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
Smoked salmon & cream cheese pate with toasted ciabatta bread & mixed leaves	£6.00
Cornish goat's cheese spinach, sun blushed tomatoes & pine nut puff pastry tart, with mixed leaves & basil oil (V)	£6.50

MAINS

The Fistral Blu beef burger topped with cheese homemade onion rings & bacon served with fries	£11.00
Cornish beer battered fish with pea puree, homemade tartar sauce & hand cut chips	£11.00
Tempura tiger prawns <u>or</u> fish <u>or</u> chicken on stir fried vegetables and chilli noodles.	£13.00
Fisherman's platter to include - fillets of local smoked mackerel, smoked salmon pate, Cornish crab in a lemon & chive mayonnaise, served with mixed leaves & fresh bread	£13.00
Sun blushed tomatoes & pea risotto with fresh herb oil topped with parmesan(V)	£11.00
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
Honey roast ham, two large free range hens eggs & hand cut chips	£11.00
Moules marinière Locally caught plump mussels in a creamy garlic & white wine sauce served with fries <u>or</u> bread	£13.00
Thai style fishcakes with mixed leaves, sweet chilli sauce & fries	£12.00
Slow roasted pork ribs with a BBQ glaze sauce & hand cut chips	£13.00
Lobster - 24hrs notice required - Grilled with garlic butter or Thermidor	Market Price

BAGUETTES

Local honey roast ham & mustard mayonnaise served with hand cut chips <u>or</u> house salad	£9.00
Newlyn white crab meat & lemon, chive mayonnaise served with hand cut chips <u>or</u> house salad	£12.00
Cornish Brie with apple cider chutney, served with hand cut chips <u>or</u> House salad (V)	£8.00
Hot peppered Cornish roast beef rocket & horseradish mayonnaise served with hand cut chips <u>or</u> house salad	£10.00

SIDE DISHES

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

2 Courses only £12.00
3 Courses £15.00

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

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.