

# CORNISH FOOD HUB

## Helford River Sailing Club

### *MENU*

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#### BAR BITES/SMALL PLATES

Marinated Olives - Lemon & Parsley £3.50

Salt & Pepper Squid - Lizard Leaves £6

Smoked Cornish Mackerel Choux Bun £4

Truffled Arancini - Truffle Mayo £5

Honey Dry Roasted Almonds £3.50

Chive & Lime Hummus - Flatbread £4

Chorizo & Spicy Potato £6

Tempura Artichoke - Saffron Aioli £5

#### MAINS

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#### *THE GRILL*

Grilled Chicken Caesar Salad £ 15

Caesar Dressing - Anchovies - Parmesan  
Sourdough Croutons - House Fries

Cornish Sirloin Steak £24

Flat Mushroom - Roast Tomato - Onion  
Ring - Truffle Mac & Cheese - House Fries

Chargrilled Chicken Supreme £ 18

Chorizo & Butterbean Stew - Parsley Oil  
Crispy Sage - Black Truffle

Slow Roast Pork Belly £18

Caramelised Red Cabbage - Salsa Verde  
Chestnut Gnocchi - Red Wine Reduction

Nemo Burger £15

Tempura Fish - Tartar Sauce - Brioche Bun  
Baby Leaves - Onion Ring - House Fries

FogHorn Leghorn Chicken Burger £15

Cheddar - Smoked Bacon - Brioche Bun  
Baby Leaves - Onion Ring - House Fries

CFH Truffle Mushroom Burger £15

Mac & Cheese - Brioche Bun - Tomato  
Baby Leaves - Onion Ring - House Fries

CFH Beef Burger £15

Smoked Bacon - Cheese - Brioche Bun - Tomato  
Baby Leaves - Onion Ring - House Fries

## MAINS

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### *THE SEA*

**Newlyn Catch Fish & Chips £15**

**House Fries - Garden Peas**

**Tartar Sauce - Lemon**

**Pan Fried Sea Bass £ 18**

**Vermicelli Noodles - Asian Green**

**Coriander - Lime ( Vegan Available )**

**Cornish Hake £17**

**Tenderstem Broccoli - New Potatoes**

**Kale - Lemon Sauce**

**Salt & Pepper Squid Caesar Salad £ 15**

**Caesar Dressing - Anchovy - Parmesan**

**Sourdough Croutons - House Fries**

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### *SIDES*

**House Fries £3.50**

**Truffle Mac & Cheese £4.50**

**Herby New Potatoes £3.50**

**Cheesy House Fries £4.00**

**Buttered Greens £4.00**

**House Side Salad £4.00**

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### TO FINISH

**All £7.50**

**Sticky Toffee Pudding - Salt Caramel Sauce**

**Vanilla Ice Cream - Biscuit Crumb**

**Dark Chocolate Parfait - Black Cherry**

**Chocolate Ice Cream - Chocolate Soil**

**Apple & Rhubarb Crumble - Rhubarb Puree**

**Strawberry Ice Cream - Honeycomb**

**Baileys Panna Cotta - Rhubarb Puree**

**Strawberry Ice Cream - Honeycomb**

**If you have a dietary requirement or allergen - Please let a member of the team know before ordering.**

**[Info@cornishfoodhub.com](mailto:Info@cornishfoodhub.com)**

**01326 231606**

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