

## Grill Menu

Sirloin of Cornish beef, fries, tomato, béarnaise sauce  
£22

Char-grilled free range chicken breast, carrot purée,  
wholegrain mustard mash  
£18

Seared salmon fillet, kale, cauliflower purée, creamed potato  
£17

Side orders  
£2.50

Roasted root vegetables  
Creamed potato  
Sauté courgettes  
Sauté mushrooms  
Mixed salad

Great lengths have been taken to provide outstanding quality Cornish produce on this menu. Our butcher, Mr C Retallack from the Lizard, has supplied the best local meat that he could find. He takes great care in preparing the meat and ensures that the beef is hung for 30 days which allows a high concentration of flavor and tenderness.

Here at Nansloe Manor our gardeners are working around the clock to produce quality organic fruit and vegetables from our Walled Garden, Orchard and raised beds. When vegetables from the garden are not available we strive to source from local growers and suppliers.

We think it is very important to support our local businesses and community. In turn we hope that you will appreciate that with Cornwall's great farming and fishing right on our doorstep the ingredients can speak for themselves.