

THE HALZEPHRON INN
Gunwalloe, Helston, Cornwall, TR12 7QB
01326 240406

STARTERS AND LIGHT BITES

Trio of local scallops, pan seared with bacon and hogs pudding. £13.50 (gf*)

Homemade soup of the day served with a bread roll and butter.
Small - £6.95 Large - £7.95 (gf* v vg*)

Chowder of Cornish seafood served with a bread roll and butter.
Small - £9.50 Large - £12.50 (gf*)

Baked Camembert with a whole bulb of slow roasted garlic, served with redcurrant jelly and
Toasted bread. £11.95 (gf* v)

Traditional prawn cocktail served with brown bread and butter. £11.50 (gf*)

Homemade smoked mackerel pâté served with toast and horseradish sauce. £9.25 (gf*)

MAINS

Butchers' faggots in a rich onion gravy served with creamed potato and mushy peas. £13.95

Traditional beer battered cod, served with chunky chips, mushy peas and homemade
tartar sauce. £15.95 (gf*)

Lamb and mango curry served on a bed of rice, with naan bread and poppadom. £15.95 (gf)

Homecooked ham with two free range fried eggs, served with chips and dressed salad. £12.95 (gf)

Five bean and sweet potato chilli served on a bed of rice with guacamole and tortillas. £12.95 (gf v vg)

10oz sirloin steak cooked to your liking, with roasted tomato, onion rings, peas and chunky chips.
£24.95 (gf*)

Add homemade peppercorn or stilton sauce for £2.50

Sea bass fillets on a bed of stir-fried vegetables, prawns and samphire served with
new potatoes. £17.95 (gf)

Classic beef burger in a bun, topped with cheese and bacon, served with chunky chips, salad
and burger relish. £13.95

Steak and ale pie topped with homemade shortcrust pastry served with chips and peas. £14.95

Creamy fish pie with a potato topping served with fresh seasonal vegetables. £15.95 (gf)

Butternut squash, leek and sweet potato crumble with vegetables and new potatoes. £14.95 (gf v vg)

Creamy macaroni cheese served with garlic bread. £11.95 (v)

Fresh local crab thermidor served with dressed salad and chunky chips. £23.95

Mushroom and sweet pepper stroganoff, served on a bed of rice. £13.95 (v gf*)

CHILDREN

4oz beef burger in a soft white bap, served with chips and salad garnish. £8.50

Local butchers' sausages with chips and baked beans. £8.95

Breaded fish fingers with chips and baked beans. £8.95

Creamy macaroni cheese served with garlic bread. £7.95 (v)

Home cooked ham with one fried egg and chips. £9.25 (gf)

Lamb and mango curry, with rice and poppadom. £9.95 (gf)

SANDWICHES

Lunchtime only

All come with dressed salad, and crisps, and a choice of brown or white bread.

Prawn Marie-Rose. £13.50

Home roasted ham and tomato. £8.95

Egg mayonnaise and cress. £6.95

Pure white crab and crisp lettuce. £18.50

Mature cheddar cheese and red onion. £8.25

Smoked salmon and cream cheese. £10.95

Coronation chicken. £11.25

Brie, pesto, and tomato. £8.95

SALADS

All served with a brown, white or gluten free roll.

Smoked salmon and cream cheese. £11.95

Pure white local crab meat. £21.95

Traditional ploughman's with either mature cheddar or home roasted ham. £12.50

Fisherman's Salad, smoked mackerel with horseradish sauce. £12.95

SIDES

Chunky chips. £3.75

Cheesy chunky chips. £4.50

Mixed salad. £4.00

Seasonal Vegetables. £4.50

GF denotes gluten free, GF* denotes gluten free with changes. V denotes vegetarian V* vegetarian with changes.
VG denotes vegan, VG* denotes vegan with changes.