

LUNCH AT THE HALZEPHRON INN

Daily from 12 noon until 2.00pm, Sunday 12 noon until 3.00pm

All of our dishes are homemade daily on the premises, if you have any dietary requirements; please talk to a member of staff who will gladly help you make your choice from our menu.

STARTERS AND LIGHT BITES

Large bowl of soup with fresh baked brown or white roll. £5.95

Chowder of Cornish seafood laced with cream, served with a fresh brown or white roll. Small £6.25, Large £7.75

Smooth chicken liver paté, served with warm toast and dressed salad. £6.25

Dave's crab cake with sweet chili dip, served on a bed of dressed salad leaves. £8.95, or order as a main course with chunky chips. £14.95

Crispy blanchbait served with homemade tartar sauce, dressed salad and brown bread. £7.75

Fresh local mussels steamed in white wine and garlic butter, finished with a generous helping of cream, served with homemade bread roll. Starter £8.95, or main course £10.95

Pan fried strips of fillet steak with rocket, walnuts and red wine syrup. £9.95

MAINS

Lambs liver and crispy bacon in a rich onion sauce, served with vegetables and new potatoes. £10.25

Hand carved local ham, with two free range eggs, chunky chips and salad. £8.95

Fillet of cod in beer batter, served with chunky chips homemade tartar sauce and crushed peas. £11.95

Prime steak and local ale pie topped with shortcrust pastry, served with vegetables and new potatoes. £11.50

Fresh Cornish white crab meat baked in a creamy thermidor sauce, topped with melted cheese, served with a selection of seasonal vegetables and new potatoes. £14.95

Penne pasta with mixed roasted vegetables topped with goats cheese and red pesto. £9.95

Hearty root vegetable and sweet potato stew with pearl barley, thyme and roasted garlic, served with fresh baked bread. £9.95

Creamy stroganoff of mixed mushrooms and bell peppers served on a bed of rice. £10.25

Sautéed strips of chicken breast with cashew nuts, mixed peppers and a grain mustard sauce, served with seasonal vegetables and new potatoes. £11.25

SIDE ORDERS ALL £3.50

*Garlic bread * Bowl of chunky chips * Seasonal vegetables * New Potatoes * Mixed Salad*

Basket of homemade bread

Please see our various boards for daily specials, fish dishes and homemade sweets.

The Halzephron Inn, Gunwalloe, Helston, Cornwall, TR12 7QB 01326 240406