

## Lunch at The Halzephron Inn

Daily 12.00 until 2.30pm

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

### Starters and light bites

Homemade soup of the day, served with our brown or white roll.

Small bowl..£4.25 or Large Bowl..£5.95

Chowder of Cornish seafood, laced with cream, served with fresh brown or white roll.

Small bowl..£6.25 or Large Bowl..£7.95

Chef's homemade crab cake, served on a bed of mixed leaves with a sweet chilli dipping sauce..£8.95 or as a main course..£15.95

Crispy blanchbait served with brown bread and butter, homemade tartar sauce and dressed leaves..£7.95

Baked Camembert, with a roasted bulb of garlic, accompanied by redcurrant jelly and toasted pulled bread..£7.50

Strips of prime local fillet steak, pan fried to medium with walnuts and balsamic dressing, served on a bed of leaves..8.25

### MAINS

Local butchers sausages on a bed of grainy mustard mash with onion gravy..£11.25

Hand carved local ham, with two free range eggs, chunky chips and salad..£9.95

Fillet of cod in a real ale batter, served with chunky chips, garden peas and homemade tartar sauce..£12.95

Wholesome prime steak and ale pie, topped with shortcrust pastry, served with chips and garden peas..£12.95

Fresh Cornish white crab meat in a creamy thermidor sauce, topped with a little melted cheese, served with new potatoes and seasonal vegetables..£16.95

Three egg omelette filled with plump prawns, served with chunky chips and salad garnish..£10.95

Butternut squash and leek crumble, served with vegetables and new potatoes..£11.95

Creamy mushroom stroganoff, with mixed mushrooms, bell peppers and onions, served on a bed of wild rice..£10.95

Creamy macaroni cheese bake served with freshly made bread..£7.95

Sweet potato and white bean chilli, served with basmati rice..£9.95

### Side orders, all £3.50

Mixed Salad \* Seasonal Vegetables \* Chunky Chips \* Basket of Bread \* Local New Potatoes

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

www.halzephron-inn.co.uk also find us on Facebook and twitter

## **Salads, Sandwiches and Hot Filled Splits.**

### **Salads**

All of our salads come with a choice of brown or white roll.

Locally smoked salmon platter served with cream cheese..£10.95

Single cheese ploughman's with homemade sweet chutney..£9.25

Three cheese OR hand carved ham ploughman's with homemade sweet chutney..£10.95

Fresh, local white crab meat salad..£15.95

### **Sandwiches**

All of our sandwiches come on a choice of brown or white bread, with potato salad and dressed salad.

Locally smoked salmon, cucumber and cream cheese..£8.95

Pure white crab meat, with a squeeze of lemon juice, with a little lettuce..£12.95

Hand carved ham and English mustard..£6.95

Simple egg and mayonnaise..£5.95

### **Hot Filled Cornish Splits**

All of our splits are served with a large garnish and chunky chips

Locally smoked bacon, mushroom and tomato..£8.95

Minute steak with red onion marmalade topped with brie and mushroom..£10.95

Grevick goat cheese with homemade apricot chutney and jalapeno peppers..£7.95