

Bread and nibbles

Our own marinated olives	£2.95
Warm bread & virgin olive oil	£2.95
Chilli and honey roast nuts	£2.95

Starters

Today's fresh soup with warm bread	£4.25
Smooth chicken liver pate, fruit chutney and warm toast	£4.95
Baked goats cheese, balsamic pear and walnut salad, pesto dressing	£5.25
Salt and pepper Looe market squid, roast garlic and parsley mayo	£5.25
Seared Carpaccio of fillet beef, shaved parmesan and caesar dressing	£6.25
Mini pan fried mushroom and truffle 'sandwich' with chive mayo	£4.95
Pan fried West Country scallops with crab, chilli and lemongrass salad	£7.95
Steamed West Country mussels with white wine, cream, garlic and parsley	£6.25
Pan fried smoked haddock fish cake with sweet chilli sauce	£5.25
Pan fried halloumi cheese, caramelised red onion and charred aubergine salad	£4.25

Mains

The New Continentals classic slow cooked lamb kleftico, with lemon and garlic roast potatoes	£13.95
Old school roast chicken, with light tarragon chicken gravy and creamy dauphinoise potatoes	£10.95
Roast Gressingham duck breast, red onion and date compote, mash potato and red wine sauce	£14.25
Pan fried fillets of sea bass, spiced coconut sauce, coriander basmati	£13.95
Char grilled 8oz fillet of English beef with peppercorn, red wine sauce or garlic and herb butter, and a choice of potato dish	£18.95
Char grilled 8oz English rib eye steak with peppercorn, red wine sauce or garlic butter and choice of potato dish	£14.95
Strips of beef in a creamy peppercorn sauce with basmati rice	£14.95

All the above dishes are served with fresh vegetables

Thai chicken and sweet potato curry with coriander basmati	£9.95
Steve's fillet beef burger with tomato relish and fries (cheese and bacon £1.00 extra)	£10.95
Tender beef steak chilli with sour cream, tortilla chips and rice	£10.95
Slow cooked Moroccan spiced lamb with saffron cous cous	£10.95

Pasta & Risotto

Tiger prawn linguini with a light tomato cream sauce	£12.95
Balsamic roast red onion, tomato and basil spaghetti	£9.95
Classic carbonara with smoked bacon and parmesan	£9.95
Roast chicken, roast garlic, thyme and mascarpone risotto	£9.95
Creamy goat's cheese, baby spinach and pea risotto	£9.95
Chilled baked aubergine, scorched tomato and pepper penne with capers and olives	£9.95

Sides

Lemon and garlic roast potatoes	£2.95	Fresh vegetables	£2.95
Creamy dauphinoise potatoes	£2.95	House salad	£2.95
Tomato & Basil	£2.95	Caesar salad	£2.95
Fries	£2.95	Tomato and basil salad	£2.95
Mashed Potato	£2.95		