



SAND BRASSERIE
AT THE HEADLAND

“January 2010”

Winter has set in with crisp frosts and blustery winds, our menu this month provides hearty flavours and warming sauces. Game is still fully available and with cold seas and many fish going deeper, we look for the daily catch off our smaller local boats.



Wherever possible we use seasonal produce of the highest quality, sourced locally from small suppliers in the area.

Our local suppliers include:

B Etherington – Meat/poultry

Celtic Fish & Game, St Ives – Fish

New Harbour Ltd, Newquay – Lobsters and fresh crab

Chapel Farm, Newquay – Home produced milk

Manor Green, Kestle – Local, free range eggs

Rodda's, Redruth – Cornish dairy cheeses and cream

Newquay Fruit Sales – Highest quality fruit and vegetables

West Country Fruit Sales – Highest quality fruit and vegetables

January
TO START

HAM HOCK MINISTRONE

wild mushrooms and macaroni
[vegetarian minestrone always available]

FALMOUTH BAY SCALLOPS (Supplement £2.00)

with lightly curried cauliflower purée and crisp Cornish bacon

PAN FRIED CHICKEN LIVERS

smoked bacon lardons, shallots, flambéed with brandy

CORNISH ORCHARD SCRUMPY MUSSELS

leeks, garlic and fresh cream

SMOKED COD AND POTATO DUMPLINGS

cooked in a shellfish and fennel broth with parma ham wafers

CARPACCIO OF CORNISH BEEF FILLET

crumbled blue cheese, fine leaf and horseradish vinaigrette

VEGETABLE TIMBALE

layers of sweet potato and carrot, spinach and celeriac mousses
served with a saffron cream dressing



January

MAINS

NEWLYN HAKE FILLET

grilled new potatoes, sauté of winter greens, soft poached egg,
lemon hollandaise

HALIBUT POACHED IN RED WINE

wilted spinach, salsify and creamed chive potato

CORNISH DUCK BREAST

potato and parsnip gratin, pistachio farce, cauliflower purée

CORNISH SEAFOOD GRILL

chunky chips, pea purée, hot lemon

FILLET OF CORNISH BEEF (supplement £5.00)

Cornish Yarg dauphinoise, honey roast turned root vegetables,
stilton cream

RATATOUILLE LASAGNE

St Anthony's goat's cheese, courgette spaghetti, red pepper sauce

CONFIT CORNISH PORK BELLY

white bean spiced homemade sausage cassoulet, root vegetables,
red onion jam

PARMESAN AND HAZELNUT GNOCCHI

flash fried and roasted with garlic, rocket pesto and vegetable crisps

LOBSTER AVAILABLE FROM NEWQUAY HARBOUR ALL YEAR
ROUND, PRICES WILL VARY THROUGHOUT THE WINTER, WE
WILL GLADLY QUOTE THE MARKET PRICE PER KG AS
REQUESTED.



January
PUDDING

STICKY TOFFEE PUDDING

butterscotch sauce

CHAMPAGNE TEARDROP

Champagne mousse, soft chocolate ganache

HOT APPLE STRÜDEL

cinnamon ice cream, vanilla seed sauce

COFFEE FLAN

espresso flavoured crème caramel with latte foam

CALLESTICK FARM ICES

vanilla seed

strawberry and clotted cream

chocolate heaven (white and dark chocolate ice cream with white and dark chocolate pieces)

apple pie

butterscotch and pecan

white chocolate and raspberry

TONKA BEAN CRÈME BRULEE

cherry compôte, almond tuille

GLUTEN FREE PEAR CAKE

Cornish Clotted cream and blackberry compôte

CORNISH CHEESE BOARD (supplement £2.00)

celery sticks, grapes, apple, onion chutney and biscuits

2 COURSES - £21.95

3 COURSES – £26.95



Half board terms include a three course meal. Supplements are chargeable

We pride ourselves on our use of fresh, local produce that is prepared to order, as such we ask you to be patient and sit back and relax

January
COFFEE & TEA

FRESHLY BREWED COFFEE	£2.05
CAPPUCCINO	£2.75
ESPRESSO	£2.10
BAILEY'S LATTE espresso and steamed milk laced with creamy Irish liqueur	£5.95
IRISH COFFEE espresso and Jameson Irish Whisky topped with Cornish double cream	£5.95
NAPOLEON COFFEE espresso and Hennessy Brandy topped with Cornish double cream	£5.95
CALYPSO COFFEE espresso and coffee liqueur topped with Cornish double cream	£5.95
POT OF TEA	£2.10



January

YUMMY CHILDREN'S DISHES

TO START

FRESH MELON (v)

Chunks of fresh juicy honeydew melon with fresh apple juice syrup

CHEESY GARLIC BREAD (v)

TOMATO SOUP (v)

With crunchy croûtons

MAINS

MINI HEADLAND BURGER

Simply a smaller version of our delicious Headland burger, served with skinny fries

CORNISH FISH PIE

Fresh white fish cooked in a creamy sauce, topped with cheesy mash potato, served with garlic bread

LINGUINE PASTA (v)

In a tomato sauce with grated cheddar cheese

HEADLAND FISH AND CHIPS

With garden peas and skinny fries



2 COURSES - £9.50

3 COURSES - £12.50

Children's portions of any meal are available upon request

- a supplement may apply

Children on half board terms – a three course meal is included except for any supplements