



SAND BRASSERIE
AT THE HEADLAND

“NOVEMBER 2009”

Autumn has now fully taken hold and the dishes this month bring heartier flavours and warming sauces. Game is now fully available and as the seas get colder lots of the fish go deeper so 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

November

TO START

TASTER PLATE (v)

Home flavoured breads, fresh olives, blush tomatoes, virgin olive oil, aged balsamic vinegar

ROAST SQUASH, LEMON AND GARLIC SOUP (v)

Puree of fine herbs, roasted pumpkin seeds and garlic bread sticks

TRIO OF CORNISH GAME

Rillette of rabbit, pan fried pigeon breast, confit quail, juniper infused red cabbage, black fruit puree

CORNISH SCRUMPY MUSSELS

River Fal mussels, orchard scrumpy, fresh cream, leeks, parsley, warm bread

GHEVRIK CHEESE GATEAU (v)

Local goats' cheese, chargrilled courgette and red onion, fresh thyme, tomato chutney

NEWQUAY BAY CRAB

Hand picked white crab with sea salt and cracked black pepper, quenel of brown crab with chives and fresh horseradish, oatmeal bread, autumn leaf

PORK AND PEAR PUDDING

Six hour braised pork with orchard pears and pear cider, suet pudding crust, pear and apple jus

FLASH FRIED CORNISH SCALLOPS AND SQUID

Hot new potato and spring onion salad, soused cucumber relish



November

MAINS

NEWQUAY BAY PLAICE

Rolled and filled with a crab and saffron mousse, curly kale, sautéed new potatoes, watercress and dill cream

BAKED BUTTERNUT SQUASH (v)

Black trumpett risotto, Parmesan snaps, rocket and basil puree

CORNISH BEEF (supplement £5.00)

Prime fillet wrapped in Parma ham and slow braised rump, chateau potatoes, panache of local vegetables

ROOT VEGETABLE YORKSHIRE (v)

Honey roast root vegetables, Yorkshire pudding, caramelized onion gravy, steamed kale

WHOLE SEA BASS

Baked with Ellie Bradshaw's sea salt and cracked black pepper, new potatoes with fresh herbs, steamed greens and local butter

CONFIT OF CREAMY CARVER CHICKEN

Free range organic chicken leg cooked in olive oil, garlic and herbs, fresh egg linguine sautéed with Savoy cabbage, smoked bacon and roast pine nuts

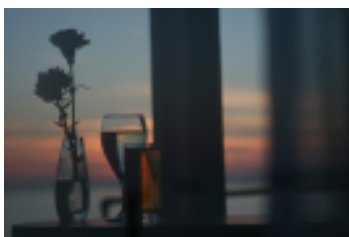
CHEF'S FAVOURITE FISH GRILL

The finest Cornish fish simply grilled with butter and seasoning, crushed new potatoes, pea purée, hot lemon
Half lobster available with the fish grill (supplement will apply related to market prices)

POT ROAST CARNANTON PARTRIDGE

Turned carrots, potatoes, swede, local greens, lightly thickened cooking liquor

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



November

PUDDING

WHITE CHOCOLATE PANNACOTA

Flavoured with lemon thyme, shortbread biscuits, sloe berry compote

CRUMBLE & CUSTARD

Always apple! With local autumn fruits when available and clotted cream

ESPRESSO CUP

Bitter coffee mousse, amaretti biscuit ice cream, latte foam

CORNISH CHEESE BOARD (supplement £2.00)

Celery sticks, grapes, apple, onion jam, biscuits

ASSIETTE TO SHARE (supplement £4.00)

Platter of your favourites, perfect if you simply cannot decide

BANANA BEIGNET

Fresh banana fried in a sweet batter, vanilla ice cream, maple syrup

CALLESTICK FARM ICES

Local farm strawberry, chocolate, vanilla and honeycomb

PURE CHOCOLATE

Terrine of white, dark and milk chocolate mousses, cookie and sauces

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

November

COFFEE & TEA

FRESHLY BREWED COFFEE	£2.05
CAPPUCCINO	£2.75
ESPRESSO	£2.10
BAILEY'S LATTE	£5.95
espresso and steamed milk laced with creamy Irish liqueur	
IRISH COFFEE	£5.95
espresso and Jameson Irish Whisky topped with Cornish double cream	
NAPOLEON COFFEE	£5.95
espresso and Hennessy Brandy topped with Cornish double cream	
CALYPSO COFFEE	£5.95
espresso and coffee liqueur topped with Cornish double cream	
HOUSE TEA	£2.15
regular and decaffeinated	
SPECIALITY TEAS	£2.45
Earl Grey, Ceylon, Assam, Lapsang Souchong, Darjeeling, herbal fruit teas, green tea	



November

YUMMY CHILDREN'S DISHES

TO START

MELON BOATS (v)

CHEESY GARLIC BREAD (v)

herbs

TOMATO SOUP (v)

crunchy croûtons

MAINS

4oz RIB-EYE STEAK

Fries and peas

CORNISH FISH PIE

cheesy mash and vegetables

TRI-COLOUR PASTA (v)

Tomato sauce and cheddar cheese

GRILLED PORK SAUSAGES

Mash potato and gravy

FRESH CHICKEN GOUJONS

Lemonade batter, fries or potatoes and vegetables



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