



“March 2010”

“March comes in like a lion and goes out like a lamb” is probably the most famous and popular saying about this transitional month. But why those particular animals? Some authorities believe that the lion and lamb saying has a heavenly connection. The constellation Leo, the lion, is rising in the east at the beginning of March, hence the “comes in like a lion,” while Aries, the ram, sets in the west at the end of March, and so “will go out like a lamb.”



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

TO START

WILD MUSHROOM AND SMOKED GARLIC CONSOMME
rice noodles and potato pearls

GRILLED CORNISH MONKFISH
tian of spinach and celeriac, Noilly Prat cream reduction

CORNISH MUSSELS
steamed with fresh fennel, garlic, white wine and parsley,
finished with fresh farm cream

CORNISH CRAB, BLUE CHEESE AND CHIVE BEIGNET
rocket hollandaise and herb salad

OVEN ROAST QUAIL BREAST
bulgar wheat stuffing, port wine jus and celeriac rösti

WHITE BEAN, LEMON AND CHILLI SALAD
trio of pepper coulis

CIDER BATTERED FALMOUTH BAY SCALLOPS
(supplement £2.00)
cucumber and spring onion spaghetti and apple compôte

TERRINE OF CORNISH DUCK
layers of liver, breast and confit leg, honey baked orange,
pumpkin seed loaf



MAINS

POT ROAST SPRING CHICKEN

thyme, pancetta, poached carrots, fennel, broad beans, fondant potatoes

PAUPIETTE OF LEMON SOLE

prawn mousse, leaf spinach and courgettes, mussel mash, saffron cream

FILLET OF PEPPERED CORNISH BEEF (supplement £5.00)

sautéed spring cabbage with smoked bacon, glazed turned potatoes and carrots, piquant pepper sauce

RAGOUT OF EARLY SEASON CORNISH LAMB

with chorizo sausage, fresh tomato and garlic – served with a timbale of rosemary and lemon scented rice

CORNISH SEAFOOD MIXED GRILL

grilled local sea fish simply cooked in unsalted butter, served with home cut chips, pea purée and warm lemon

WHOLE STEAMED BLACK BREAM COOKED EN PAPILOTE

filled with lemon butter and fragrant herbs, broccoli florets, snow peas, new potatoes

ROAST BUTTERNUT SQUASH, RICOTTA AND NUTMEG RAVIOLI

light lemon and shallot beurre blanc, chiffonade of steamed kale

CLAM, CORN AND POTATO CREAM CHOWDER

simply served with freshly baked crusty bread

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. 24 HOURS NOTICE REQUIRED.



PUDDING

CAPPUCINO MOUSSE

chocolate chip cookies, mint chocolate wafers

ICED BLACK FOREST PARFAIT

Kirsch syrup and cherry compôte

BANANA BAVAROIS

Pistachio tuile, pina colada soup

WINTER FRUIT SUNDAE

harvest of sweetened blackberries, apple and pears,
Cornish mead cream, crushed meringue

COCONUT RICE PUDDING

star anise ice cream, pineapple compôte

PRUNE AND ARMAGNAC TART (gluten free)

Earl Grey tea and mint ice cream, warm lemon and cinnamon syrup

CALLESTICK FARM ICES

vanilla seed

strawberries 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

CORNISH CHEESE PLATTER (supplement £2.00)

celery sticks, grapes, apple, red onion marmalade 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

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



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