

R Lunch

12.30pm – 2.30pm

Starters

Lightly smoked Boscastle trout	14
honeycomb tomatoes, Ajo Blanco, olive, pine nut	
RenMor twice baked cheese soufflé (v)	12
7 YO Davidstow cheddar, thyme cream	
Barbecued Cornish octopus (gf on req)	14
romesco, smoked almond, yuzu, soft herbs	
St Austell Bay mussels (gf on req)	16
Grilled flat bread, mariniere velouté, sea herbs foraged by the chefs	
Salad of heritage beetroot (v) (vg on req)	13
Little Lilly goat's cheese, macadamia nut, black olive, apple	
Newquay Harbour crab (gf on req)	23
heritage tomatoes, Cornish kelp, tomato essence	

Main courses

St Austell bay mussels mariniere (gf on req)	22
warm focaccia	
Miso glazed aubergine (vg)	26
Mora Farm brassica, white onion soubise, charred alliums, crispy chilli dressing	
Phillip Warren's beef burger (vg / gf on req)	19
smoked cheese, lettuce, tomato, pickle	
Beer-battered fish of the day (gf on req)	26
minted crushed peas, tartar sauce, fries	
Rod & line wild sea bass (gf on req)	32
borlotti beans, Mora Fram chard, clam chowder	
Phillip Warren's treacle-cured (gf on req) butlers' steak	29
garlic butter, fries, Cornish salad, pickled shallots *chef recommends your steak is cooked pink	

Sides

French fries (vg)(gf on req)	6
Cornish sea salt	
Cornish new potatoes (v)(vg on req)(gf)	6
Cornish salad (vg)(gf)	6

A note from Gavin Edney, Executive Head Chef

From local fishermen landing fresh, sustainable seafood each morning, to farmers striving to produce the best quality fruit and veg at nearby regenerative farms, RenMor champions the best from bountiful Cornwall.

Sandwiches (gf on req)

On granary, white or sourdough, vegetable crisps & salad leaves

Falafel (vg)	14
hummus, pickles, slaw	
Cornish Smuggler cheese & chive (v)	14
Roast chicken	16
tarragon mayonnaise, gem lettuce	
Roast beef	16
caramelised onions, horseradish crème fraiche, rocket	
Newquay harbour crab	19
gem lettuce, lobster mayonnaise	

Salads

Niçoise salad	12
gem lettuce, tomatoes, potatoes, green beans, soft-boiled eggs, olive	
Headland Caesar salad	14
pancetta, soft boiled hens egg, anchovies, sourdough croutons, parmesan, Caesar dressing	
add smoked Boscastle trout	7
add grilled chicken	7

Puddings

Caramelised fig tart (v)	12
whipped crème fraiche, almond, fig leaf ice-cream	
Tonka bean panna cotta (v) (vg on req) (gf)	12
olive oil cake, caramelised grapefruit, pink grapefruit sorbet	
Callestick Farm ice creams & sorbets (v)(vg / gf on req)	4
50p from every scoop of ice-cream sold will be donated to Hospitality Action by The Headland Hotel	per scoop

Please inform us if you have an allergy. Whilst we make every effort to ensure that your meals are free from allergens, we cannot guarantee that all traces are eliminated. If you require allergen information, please ask a member of our team.

A discretionary 10% service charge has been added to your bill. 100% of your service charge goes directly to our team.

RenMor

Restaurant by the Sea