



THE TERRACE

AT THE HEADLAND

FRESH, LOCAL INGREDIENTS

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

Our local suppliers include:

J Trevarthen – 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

MC Kelly Ltd, Crediton – Poultry

APPETIZERS

LOCALLY BAKED BREAD (v) with extra-virgin olive oil and balsamic vinegar	£2.95
MARINATED OLIVES (v) in olive oil and herbs	£3.95
GARLIC CIABATTA (v) baked with garlic, parsley and Cornish butter	£3.75

STARTERS

	STARTER	MAIN
CRAB AND SHELLFISH BISQUE with tarragon and brandy	£7.00	
HALF SHELL CORNISH SCALLOPS with sun-blushed tomatoes and garlic butter	£8.00	£16.00
CORNISH CRAB AND PRAWN SALAD herb leaf salad and lemon mayonnaise	£9.00	£17.00
POACHED POTATO GNOCCHI (v) with garlic bread and woodland mushroom sauce	£7.00	£12.00
HEADLAND PRAWN COCKTAIL tiger prawns, crevettes, lemon and Marie Rose sauce	£7.25	
CHAR GRILLED VEGETABLES (v) with Cornish goat's cheese, artichokes, asparagus and raspberry dressing	£5.95	
CAESAR SALAD (v) with cos lettuce, Parmesan cheese and croûtons	£7.00	£12.00
CAJUN CHICKEN CEASAR SALAD with cos lettuce, Parmesan cheese and croûtons	£9.00	£14.00
HEADLAND WEDGES (v) fried potatoes, parsnips and sweet potatoes with crème fraîche and sweet chilli sauce	£4.95	
HERB LEAF AND WATERCRESS SALAD (v) Cornish blue cheese, avocado and roasted pine nuts	£7.00	£12.00

Green (v) denotes vegetarian dish
Children's portion available @ £9.95

Please see the chalk board for daily specials

EGG/PASTA

SEAFOOD LINGUINI

seafood with prawns and scallops in a saffron and white wine sauce £14.00

SPAGHETTI BOLOGNAISE

Cornish beef with garlic, tomato, mushroom and Parmesan cheese £12.00

PENNE PASTA (V)

pesto, artichokes, sun-blushed tomatoes and fresh Parmesan £9.95

All egg/pasta dishes with
house salad and garlic ciabatta

FROM THE LAND AND SEA

FRESH MARKET FISH AND CHIPS

in our own saffron beer batter with hand cut chips, pea purée and tartare sauce £11.95

PUFF PASTRY AND FETA CHEESE TART (V)

red onion confit, sweet sun blushed tomatoes and fresh basil £9.95

CHAR GRILLED CORNISH RIB-EYE STEAK (10oz)

roasted cherry vine tomatoes, grilled flat cap mushroom, hand cut chips and onion rings £16.95

HOMEMADE HEADLAND BEEF BURGER (6oz)

Cornish beef with caramelised onions and dill pickle with toasted focaccia bread and hand cut chips £11.95

WEST COUNTRY BUTTERFLY CHICKEN BREAST

with cured ham, glazed with mozzarella cheese, rustic tomato sauce and sautéed new potatoes £16.00

SIDE ORDERS

PORTION OF WEDGES (V) £3.00

MIXED HERB LEAF SALAD (V) £3.00

HERB NEW POTATOES (V) £3.00

SAUTÉED MARKET GREENS (V) £3.00

CHILDREN'S MENU

GRILLED BUTTERFLY CHICKEN and new potatoes or chips and garden peas or baked beans	£6.95
FRESH CORNISH FISH AND CHIPS with garden peas or baked beans	£6.75
FREE RANGE BOILED EGGS with either plain buttered or marmite toasted soldiers	£3.95
SPAGHETTI BOLOGNAISE Cornish beef with garlic, tomato, mushroom, Parmesan cheese and garlic ciabatta	£6.25
FRESH EGG PASTA (V) with provençale vegetables, tomato, basil and garlic ciabatta	£6.00

Children's portions of any meal are available upon request

AFTERNOON TEAS

CORNISH CREAM TEA

Two home made scones with strawberry jam and Rodda's Cornish clotted cream.

Your choice of tea or coffee £6.95

THE TERRACE AFTERNOON TEA

Two home made scones with strawberry jam and Rodda's Cornish clotted cream.

Afternoon tea or coffee and a selection of cakes

per person £12.00

THE HEADLAND FULL AFTERNOON LOUNGE TEA

A selection of finger sandwiches:

Smoked salmon and cream cheese
Egg mayonnaise and watercress
Tomato and basil
Cucumber and dill

Home made scones with strawberry jam and Rodda's Cornish clotted cream, a selection of cakes, tea or coffee

per person £17.50

for two people £30.00

SANDWICHES

THE HEADLAND CLUB

toasted triple decker filled with cos lettuce, tomatoes, bacon, chicken and mayonnaise with coleslaw and fries £11.25

THE HEADLAND VEGETABLE CLUB (V)

toasted triple decker filled with roasted vegetables, goat's cheese and pesto with coleslaw and fries £9.95

HOME COOKED HAM

with tomato and cider chutney £5.25

CHEESE AND PICKLE (V)

with mature Davidstow cheddar and Branston pickle £5.25

SCOTTISH SMOKED SALMON

with cream cheese £8.95

CORNISH CRAB

in lemon and chive mayonnaise £9.95

ATLANTIC PRAWN AND MARIE ROSE

in tomato and brandy sauce £7.50

ROAST CORNISH BEEF (SERVED RARE)

with horseradish sauce £6.75

ROAST CHICKEN

with marinated peppers and lemon mayonnaise £6.25

CORNISH BRIE (V)

with a cranberry relish £5.95

EGG MAYONNAISE (V)

with watercress £4.95

on fresh brown or white bread
with potato crisps and olives

Sandwiches are available in the Sand Brasserie and
the Main Lounge from 11am – 6pm

PUDDINGS

GLAZED LEMON TART with Cornish clotted cream	£5.50
RICH CHOCOLATE CAKE layered, deep filled chocolate sponge with Cornish clotted cream	£5.50
CRÈME BRÛLÉE a light traditional Crème Brûlée	£5.50
FRESH EXOTIC FRUIT PLATTER sliced exotic fruits with fruit coulis	£5.95
ICE CREAMS a selection of flavours from our local dairy – Callestick Farm	£4.75
WEST COUNTRY CHEESE PLATE a selection of farmhouse cheeses served with biscuits and fruit	£9.50

BEVERAGES

CAFÉTIÈRE OF COLUMBIAN COFFEE (available in decaffeinated)	£3.50
CAPPUCCINO	£2.75
FRAPACINO	£2.75
MOCHACCINO	£2.85
LATTE	£2.75
ESPRESSO	£2.10
AMERICANO (DOUBLE SHOT OF COFFEE)	£2.60
FRESHLY SQUEEZED ORANGE JUICE	£2.50
HOUSE TEA (REGULAR OR DECAFFEINATED)	£2.15
SPECIALITY TEAS Earl Grey, Ceylon, Assam, Darjeeling, herbal fruit, green tea	£2.45
HOT CHOCOLATE with marshmallows and whipped cream	£2.85
THICK MILK SHAKES chocolate, strawberry and banana	£2.75
CORNISH BOTTLED WATER still/sparkling (250ml)	£2.70
HEADLAND BOTTLED WATER still/sparkling (litre)	£3.30