



Sample Specials Menu



✔ Fried Halloumi with Sun Blush Tomatoes £6.95

& Pine Nuts

the creamy, salty and succulent taste of Halloumi cheese is balanced by peppery green leaves, sun blushed tomatoes, sweet pine nuts and a piquant balsamic vinaigrette dressing. Served hot from the pan with warm crusty bread.

✔ Open Omelette with Panfried Field Mushrooms, £6.55

Sprigs of Thyme, Garlic and Parsley

Made with free-range eggs, fresh herbs and field mushrooms. Served hot from the pan with warm crusty bread.

✔ Cornish Blue Cheese with Caramelised Pear £6.95

crumbled Cornish blue cheese served on a bed of salad leaves with warm caramelised pear & red onions with toasted pecan nuts and a balsamic vinaigrette dressing. Served with warm crusty bread and balsamic dipping oil.

✔ Soup of the Day: £3.65

Broccoli and Cornish Blue Cheese

(gluten and dairy free) - served with bread of the day (gluten free bread available)

Pan Fried Mackerel Fillets with Potato Salad £7.85

& Cucumber

Cornish Mackerel fillets pan fried and served hot from the pan accompanied on a bed of cold new potatoes dressed in a seed mustard mayonnaise, cucumber and dressed lettuce leaves. Served with bread of the day.

DESSERTS—ALL £3.65 and served with either
clotted cream, custard or ice-cream

Caramelised Apples Baked Under a Cinnamon Sponge (v)

Sticky Toffee Pudding with Toffee Sauce (v)

Treacle Sponge Pudding (v)



The ingredients we use at Wyldes are carefully selected for their taste, freshness and quality.

We are proud to promote Cornish and West Country ingredients and are keen on using home-grown produce as much as possible because of the quality and wonderful ingredients we have on our doorstep - not to mention the vital role we can play in supporting our farmers and growers.

All our milk, cream and clotted cream is produced by *Bradley's Dairy*, Delabole from their herd of Friesian Holstein. Our butter portions, unsalted butter and crème fraiche comes from *Trewithen Cornish Farm Dairy* and delivered to us daily by *Bradley's Dairy*, together with our free-range eggs from *Colin Carter*, near Truro.

***Oxenpark Farm*, near Bude who are 'farm assured' and operate to the highest welfare standards, supply us with our lamb and Aberdeen Angus beef.**

From Stithians, just outside Truro, we are supplied mushrooms by *Tregonning Mushrooms*.

Cornish bottled spring water from the heart of the county is supplied by *Just Water* from their farm near Bodmin and our delicious apple juices and wild flower pressés come from *Cornish Orchards*, near Liskeard.

Our Brie and Gevrik goats cheeses come from *Cornish Country Larder* and our Cornish Blue cheese comes from *Cornish Blue*, delivered to us by *Hawkridge Farmhouse Dairy Produce*.

***May's Meats* in Tintagel supply us with their Gold Award Winning sausages and the *Cornish Farmhouse Bacon Company* supply us with our cooked ham and bacon; sourcing all pigs from their own and surrounding farms.**

The smoked salmon and mackerel we serve you comes from *West Country Smokehouses* and our fish and shellfish are supplied by *Celtic Fish & Game*, St Ives.