

The Flying Fish Deli

Served 12.30 - 9.30pm in the St Michael's Lounge, Locker & Terrace
Served in The Flying Fish Restaurant from 12 - 2pm

Traditional Sandwiches

White or wholemeal Bread, hand cut crisps and dressed leaf

spa **Mature cheddar cheese**
red onion chutney **£5.95**

spa **Gammon ham**
wholegrain mustard mayonnaise **£6.95**

spa **Roast rib of beef**
creamed horseradish **£6.95**

Oak smoked salmon
Crème fraîche and black pepper **£7.95**

Cornish white crab
Sea salt, crushed black pepper,
squeeze of lemon **£9.95**

Speciality Sandwiches & Salads

Freshly prepared salads and Artisan breads filled with speciality produce

Char grilled rosemary and sea salt focaccia bread
Serrano ham, Cornish Brie, black olive and sun-dried tomatoes, crisp rocket and balsamic** **£8.95**

Whole grain bagel
oak smoked salmon and plump Atlantic prawns, soft cheese with chives and lemon, baby leaf and shredded cucumber **£9.95**

Panini melt
mature cheddar and mozzarella, tuna, red onion and Italian parsley** **£7.95**

spa **Salad of Cornish hand-picked crab with cornish seasalt and black pepper**
chiffonade of iceberg lettuce, cucumber and spring onion, lemon mayonnaise **£6.95/£12.95**

spa **Superfood salad (V)**
spinach leaf salad, celery, shaved pumpkin and fennel, blueberries, fresh fig, dulse flakes, shredded coconut, walnut oil dressing **£5.95/£9.95**

Salad of mesquite and lime marinated chicken strips
baby gem lettuce, fresh peppers and sweetcorn **£6.25/£10.95**

** can be served to suit vegetarian diet

The Flying Fish Lunch

Served in The Flying Fish Restaurant & Terrace from 12 - 2pm

spa **Freshly prepared soup of the day**
served with fresh bread **£5.25**

Chilled Flying Fish seafood platter
Cornish crab, smoked mackerel and salmon, whole crevettes **£14.95**
Chef's tip, also the ideal starter plate to share

spa **Thai style Cornish fish cake**
Fresh pineapple and lime salsa, local summer leaf **£11.95**

spa **Fresh asparagus and Parmesan tagliatelle (V)**
basil and parmesan purée **£9.95**

Grilled garlic ½ shell Falmouth Bay scallops (3 or 6)
Char grilled lemon and crisp dressed leaf salad **£6.95/ £12.50**

Sea bass fillet grilled with olive oil and smoked Cornish seasalt
Crisp spring leaf, lemon and parsley buttered new potatoes **£12.95**

Catch of the day
always the freshest seafood from the Cornish markets **£14.95**

Sharp's Ale battered haddock fillet
home cut chips, pea purée, tartare sauce, fresh lemon **£11.95**

Steak and prawns
4oz ribeye steak, tiger prawn kebab, garlic and lemon butter, new potatoes, fine beans and red onion **£14.95**

Homemade beef burger
with English mustard and black pepper served in freshly baked rustique roll with fresh salad and dill pickle, homemade cut chips, red onion relish **£8.95**

With extra;
- cheese **£1.25**
- bacon **£1.25**

Extras

Home cut chips **£2.95**

Rocket and parmesan salad with balsamic **£2.95**

French fries **£1.95**

Olive bowl and sun dried tomatoes **£2.95**

Speciality bread basket with olive oil and balsamic **£2.50**

Lemon parsley buttered new potatoes **£1.95**

Desserts

Chocolate plate
Chef's selection of daily changing chocolate heaven **£5.50**

spa **Classic sugar glazed lemon tart**
with fresh berry compote and creme fraiche **£5.50**

Brochette of fresh strawberry and melon
chocolate fondue, lemon shortbread **£5.50**

spa **Refreshing fruit platter with passion fruit and mint**
raspberry sorbet, toasted oatmeal **£5.50**

Cornish cheese platter
Yarg, Brie and Blue with apple, red onion and celery chutney, grapes and biscuits **£6.95**

spa **Selection of Cornish ice creams £1.50 per scoop**