

Pizzas 12"

Margherita (v)	£8.95
Hawaiian	£9.95
Roasted Mediterranean	
Vegetables (v)	£9.95
Pepperoni	£9.95

Gluten free alternatives are available for all pizzas.

Sides

Chips	£3.00
Cheesy Chips	£3.75
Onion Rings	£2.50
Garlic Ciabatta Bread.....	£2.50
Side Salad and Coleslaw	£3.50
Fresh Vegetables.....	£3.50
Pink Peppercorn Sauce	£3.00
Cornish Blue Cheese Sauce	£3.00

Coffee & Tea

Espresso	£2.00
Americano	£2.50
Latte	£2.80
Flat White	£2.50
Cappuccino	£2.90
Mocha	£3.30
Add Syrup	£0.50
Selection of syrups available	
Pot of Tea	£2.00
Herbal Tea	£2.50
Selection of flavours available	
Hot Chocolate	£2.50
Add Cream and Marshmallows	£0.50

Desserts

Please see our fridge for a range of delicious fresh cakes (gluten free alternative available).

GF Coconut Pavlova	£5.50
with strawberries, malibu syrup and clotted cream	
VG Belgian Chocolate and Raspberry Torte	£5.00
with coulis and raspberry sorbet	
GF Chocolate Fudge Brownie	£5.00
with rum and raisin ice-cream	

Callestick Farm Ice-Cream and Sorbets

served with a wafer

two scoops.....	£2.50
three scoops.....	£3.50
four scoops.....	£4.50

Seahorse Shakes all £3.75

Fresh 'thick shakes' with milk and ice-cream in a range of delicious flavours

Salted Caramel
with whipped cream, caramel sauce and toffee chunks

Banana
with whipped cream, caramel sauce and white chocolate shavings

Strawberry
with whipped cream, strawberry sauce and white chocolate buttons

Chocolate
with whipped cream, dark chocolate sauce and dark chocolate shavings

Vanilla
with whipped cream

Raspberry Ripple
with whipped cream, raspberry sauce and white chocolate shavings

Please see our notice boards for other shake specials...

Coffee and Cake Special Only £5.00

Choose from one of the selected cakes and enjoy it with a Tea, Americano or Latte for just £5.00

Children's Parties

Choose from a Soft-Play or Disco Party ...
Hot / Cold Buffet Options Available

Please visit www.seahorsecornwall.co.uk for more details...

Keep in touch for latest news, events and offers!

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Instagram @the_seahorse_pentewan

www.seahorsecornwall.co.uk

THE SEAHORSE PENTEWAN SANDS

MENU

At The Seahorse, we pride ourselves on providing freshly prepared, locally sourced food. A full list of our suppliers is available on our website:

seahorsecornwall.co.uk

Please advise a member of staff if you move to another table after placing your order

Thank you for your patience, during peak times there may be a wait

For any information regarding any dietary requirements or allergens please speak to your server.

Breakfast (available open - 11am)

The Small One	£5.00
fried egg, two rashers of bacon, one sausage, baked beans and toast	
Full English	£8.00
two rashers of bacon, one sausage, one hash brown, tomato, beans, fried egg and toast (served with a filter coffee or tea)	
Large Full English	£10.00
two rashers of bacon, two sausages, two hash browns, tomato, mushrooms, beans, two fried eggs and toast (served with a filter coffee or tea)	
V Vegetarian	£8.00
two vegetarian sausages, tomatoes, mushrooms, one fried egg, wilted spinach, beans and toast (served with a filter coffee or tea)	
V American Style Pancakes.....	£3.50
two American style pancakes served with maple syrup	
V Eggs on Toast	£3.50
two eggs (fried, scrambled or poached) on toast	
Bacon or Sausage Sandwich	£4.00
bacon or sausages in white or brown bread	
V Beans on Toast	£2.50
V Toast - two slices of white or brown, butter & strawberry preserve.....	£2.00
Extra Items - egg, sausage, two bacon, beans, grilled tomato, hash brown, mushrooms, toast, wilted spinach.....	all £1.00
V Individual breakfast cereal box with milk.....	£2.50

Gluten free bread is available on request.

Kids' Meals all £5.00

- 4oz cheeseburger in a bun and chips
- GF Grilled chicken breast with vegetables & potatoes
- V A large slice of cheese & tomato pizza, chips
- A large slice of pepperoni pizza, chips
- Pasta bolognese with grated cheese
- V Pasta in tomato sauce with grated cheese
- Chicken nuggets, chips and beans
- Battered cod, chips and peas
- Sausage, chips and beans

Kids' Meal Deal
£7.00

Includes cup drink
and vanilla ice
cream factory

Daytime Menu (available 12 - 5pm)

Sandwiches

All our sandwiches are freshly made and served on white or granary harvester loaf with crisps and garnish. Gluten free bread is available on request.

V Westcountry Sliced Cheddar with Pickle	£5.00
Home-Cooked Ham & Tomato	£5.00
Tuna Mayonnaise & Sliced Gherkin	£5.50
Roast Beef and Horseradish Sauce.....	£5.50
Prawn and Marie Rose Dressing.....	£7.00

Ploughman's

served with garnish, pickled onion, chutney, celery, gherkin and bread roll. Gluten free bread is available on request.

V Cheddar, Brie and Cornish Blue.....	£9.50
Home-Cooked Ham and Roast Beef.....	£9.50
Smoked Peppered Mackerel and Potato Salad.....	£9.50

Baked Ciabatta

served warm with crisps and garnish. Gluten free bread is available on request.

Bacon, Cranberry Sauce and Brie.....	£7.50
BBQ Pulled Pork and Coleslaw	£7.50
V Mediterranean Vegetable and Brie	£7.50
Cajun Steak with Fried Onions and Watercress	£9.50

GF Jacket Potatoes

served with garnish and coleslaw

V Grated Cheddar	£5.50
Tuna Mayonnaise	£6.50
Beef Chilli Con Carne.....	£6.50
V Chickpea, Vegetable and Lentil Chilli.....	£6.50
Prawn and Marie Rose Dressing.....	£7.50

See our Specials Board for Daily Specials!

Coffee and Cake Special only £5.00*

Sunday Roast - Every Sunday 12 - 3pm

V - Vegetarian VG - Vegan GF - Gluten Free GFA - Gluten Free Available

*terms apply

Light Bites (available 12 - close)

V GFA Homemade Soup.....	£5.00
with bread roll and butter	
V GF Nachos.....	£6.00
served with either beef chilli con carne or vegetable and lentil chilli topped with cheddar and sour cream	
GFA Prawn Cocktail	£7.00
traditional prawn cocktail with garnish, Marie Rose dressing, bread & butter	
V GF Warm Mediterranean Vegetables.....	£6.50
warm Mediterranean vegetables and goat's cheese with watercress and pesto	
Creamy Garlic Mushrooms.....	£6.50
on toasted ciabatta bread, with crispy bacon strips and salad garnish	

Mains (available 12 - close)

Classic 4oz Cheeseburger.....	£7.50
served with salad garnish and gherkin in a seeded brioche bun with smoked paprika mayonnaise and chips (add bacon for £1 add another 4oz burger for £2.50)	
Spaghetti Bolognese.....	£9.00
topped with freshly grated parmesan and served with garlic bread	
Steak and Ale Pie.....	£10.50
with puff pastry, chips and fresh vegetables	
4oz Pork and Apple Burger.....	£11.50
with BBQ pulled pork and bacon in a brioche bun, salad garnish and chips	
Cajun Spiced Chicken Breast.....	£10.50
with crunchy cos lettuce, Caesar dressing and red onion in ciabatta with chips	
Beer Battered Cod	£10.50
with tartare sauce, chips, garden peas and salad garnish	
Breaded Scampi.....	£10.00
with a dressed salad, tartare sauce and coleslaw	
Grilled Salmon Steak.....	£13.50
with a citrus and fresh herb cous-cous, salad with spinach leaves and marinated olives	
10oz Thick-Cut Gammon Steak	£13.00
with fried egg and pineapple, grilled tomatoes, chips, garden peas and onion rings	
10oz Rump Steak	£15.00
with grilled tomatoes, chips, garden peas and onion rings	

Vegetarian and Vegan (available 12 - close)

V GF Vegetable Jambalaya.....	£9.50
a cajun, spicy rice dish cooked with mixed vegetables and beans, with salad and coleslaw	
VG Baked Ratatouille and Penne Pasta.....	£9.50
with vegan mozzarella and marinated olives	
VG Sweet Potato and Three Bean Pie.....	£10.50
in vegan pastry, with roasted new potatoes, fresh vegetables and gravy	
VG Vegan Burger.....	£9.50
in a toasted bun, with wilted spinach, red onion chutney, vegan mozzarella, chips and salad garnish	
V Niçoise Pasta Salad.....	£9.00
pasta tossed with spinach leaves, olives, green beans, slow roasted tomatoes, pesto and a boiled egg, with garlic bread and parmesan	