

# Dinner menu

## Appetisers

Extra bowl of homemade Bistro bread **£1.95**

Garlic bread **£2.50**

Marinated olives **£3.50**

## Homemade soups

Vegetable soup of the day **£4.95**

French fish soup **£4.95**

*This is the classic soup from Normandy*

## Taster dishes

*Little dishes of the following are available to order individually or as a selection to share on the table*

Homemade falafels with chilli jam & houmous **£4.55 V**

Mini crepe with cheese & garlic mushrooms **£4.55 V**

Marinated tofu satay skewers with peanut and coconut **£4.55 V**

Mini crepe with ham and cheese **£5.45**

Home cured salt beef with roasted beetroot & mayonnaise **£5.45**

Free range chicken satay skewers cooked in peanut & coconut **£5.45**

Smoked salmon with potato pancake **£5.45**

Spanish octopus and chorizo stew **£5.45**

## Starter platters

Mezze of our homemade falafels, houmous, olives & garlic bread **£5.95 V**  
*To share for 2 - £9.95*

Vegetarian platter of falafels, houmous, olives, garlic bread, tofu satay skewers & garlic mushroom and cheese crepes **£8.95 V**  
*To share for 2 £14.95*

Fish platter of falafels, houmous, olives, garlic bread, smoked salmon & potato pancake and Spanish stew of octopus & chorizo **£8.95**  
*To share for 2 £14.95*

Meat platter of falafels, houmous, olives, garlic bread, salt beef & roast beetroot and chicken satay skewers **£8.95**  
*To share for 2 £14.95*

## Main courses

The Bistro 'Steak & Chips' **£15.95**

*Local 8 oz Rump steak with home cut chunky chips & garlic mushrooms*

Duo of aromatic duck, with mashed butternut squash & orange sauce **£14.95**

Moroccan lamb tagine with harrisa, apricots & cinnamon with roasted cous cous pilaff **£13.95**

Grilled free range chicken satay skewers with rice noodle stir fry & plum glaze **£13.95**

Crispy haddock parcel with homemade mushy peas, sauté potatoes and tartare sauce **£13.95**

Fish special of the evening

*Whatever the fishermen drop off at 6am for us at Newlyn Harbour, Penzance is with us by lunchtime*

Marinated tofu satay skewers with plum glaze and rice noodle stir fry **£11.95 V**

Spinach & feta cheese parcel with watercress pesto & maple roasted walnuts **£11.95 V**

Gratin of quinoa & cashew nut roast with mashed potatoes, wild mushrooms & sherry sauce **£10.95 V**

*All main courses served with seasonal vegetables*

The **Bistro**  
& Cookery School

