

S W E L L

B A R & K I T C H E N

#WESUPPORTLOCAL

We are very proud to support the farmers, fishermen, and artisan producers of this incredible county and wherever possible our produce is sourced from our local Cornish suppliers.

In bread

Available Mon-Fri 12-4

Cornish crab sandwich	8.00
Smoked bacon, lettuce & tomato sandwich	6.00
.....The above served on either white or granary bread, with salad & fries.....	
Cornish ham, davidstow cheddar & red onion toastie	6.00
Davidstow cheddar & red onion toastie	5.00
Davidstow cheddar, tomato & pesto toastie	5.00

Smalls & sharers

Soup of the day (ask your server for details)	5.50
Tempura chicken/prawns, curried aioli & cachumba salad	6.00/7.00
Deep fried halloumi & harissa	6.00
Nachos, cheese, sour cream, guacamole, salsa & jalapeños	8.00
↓ add beef chili	12.00
Cheese plate, davidstow cheddar, cornish brie, stilton, chutney, ciabatta & pitta	10.00
↓ add salami, prosciutto, coppa & cooked ham	13.00

OUR LOCAL SUPPLIERS

ROACH FINE FOODS

A second generation family run business, specialising in supplying an extensive range of quality locally produced meats and cheeses.

MATTHEW STEVENS

The finest Cornish fishmonger and fresh fish wholesaler in the county. Only the freshest fish from local coves, ports & markets of Cornwall make the grade.

WEST COUNTRY FRUIT SALES

The largest and most dynamic privately owned, 6 day-a-week delivered wholesale supplier of fresh, chilled & ambient food service products to the catering trade in Cornwall and Devon.

ST IVES FOOD COMPANY

Supplying the food industry with a diverse and quality driven range of products since 1966. Offering a variety of local products for those who wish to use locally sourced goods.

BAKER TOMS BREAD

Fresh, speciality breads, pastries & cakes, using traditional baking methods and the finest organic ingredients.

FOREST PRODUCE

The best ingredients available for those whose reputations rely on uncompromising standards, quality and reliability.

Mains

*Beef burger, davidstow cheddar, smoked streaky bacon, Baker Tom's brioche bun, 'slaw & fries	11.00
*Halloumi caesar salad (cos, baby spinach, croutons, caesar dressing)	9.00
↓ add chicken	11.50
*Veggie 'burger' (carrot, beetroot, quinoa) Baker Tom's brioche bun, sweet chili, hummus & fries.	10.50
*BBQ chicken breast, Baker Tom's bun, 'slaw & fries	11.00
River fowey mussels (ask server for details) & fries	11.00
28 day aged, 10oz Cornish rump steak, garlic butter, field mushroom, roasted tomato & chips	19.00
Surf 'n' Turf, as above with pan fried garlic king prawns	25.00
*Crab, chili, lemon & garlic linguine	12.50
*Slow roast BBQ pork ribs, 'slaw & fries	12.00
*Beer battered haddock fillet, mushy peas, chips & tartar sauce	11.00
*Pulled beef brisket ragu, tagliatelle & parmesan	11.50
*Asparagus, lemon, broad bean & spinach risotto & parmesan	10.00
Chili con carne, steamed rice & soured cream	10.50
Super-food salad (roasted squash, sweet potato, carrot, beetroot, hummus, toasted seeds & herb oil)	9.00

All our dishes are freshly prepared on site and homemade to order. Please bear with us during busy periods.

* DENOTES
MAIN DISHES
THAT CHILDREN
CAN ENJOY AS
A SMALLER
SERVING

£6.00

Desserts

Can be found on our daily specials board, ask your server for details.

Allergies & intolerances: please speak to a member of staff before ordering about your requirements.

There is no service charge added to your bill

Bubbles

Voga Prosecco Brut, Italy

Sparkling apple and citrus flavoured, stylishly delivered.

125ml Bottle

4.25 22.95

#WESUPPORTLOCAL

A combination of the very best that our local breweries have to offer, alongside a unique range of premium international beverages.

White

175ml 250ml Bottle

Da Luca Pinot Grigio, Terre Siciliane, Italy

Aromas of white flowers, pink grapefruit and Cox's apple: the palate displays melon and guava.

4.00 5.75 16.95

Kleine Zalze Sauvignon Blanc, Stellenbosch, South Africa

Superbly aromatic with mouth-watering grapefruit crispness and lingering herbaceous freshness.

4.00 5.75 16.95

Short Mile Bay Chardonnay, South-Eastern Australia

Unoaked, a tropical fruit flavoured wine with notes of spring blossom and honey.

3.75 5.50 15.95

Vidal Riesling, Marlborough, New Zealand

A fine example of the Riesling grape, showing lime and floral aromas combined with the minerality and citrus fruit flavours typical of the grape in an off-dry, 'New World' style.

21.95

Picpoul de Pinet, Les Girelles, Jean-Luc Colombo, France

A rich, mouth-filling wine with notes of fresh flowers, melon and ripe summer stone fruit.

19.95

Sancerre, Domaine des Chaintres, Joseph Mellot, France

Aromatic floral aromas of white blossom and grapefruit on the nose: the palate is refreshing and dry.

29.95

Draft

Estrella Damm, Spain (4.6%)

4.20

Cornish Orchards Cider, Cornwall (5%)

4.10

London Stout, London (4.3%)

4.20

Bottled

Estrella Inedit, Spain (4.8%)

750ml 8.50

Vedett Blonde, Belgium (5.2%)

330ml 4.20

Meantime London Lager, London (4.5%)

330ml 4.20

Corona, Mexico (4.5%)

330ml 3.90

Peroni, Italy (5.1%)

330ml 3.90

Erdinger, Germany (5.3%)

500ml 4.40

Crafty Dan's 13 Guns IPA, Lancashire (5.5%)

330ml 3.90

Harbour Brewery Light Ale, Cornwall (4%)

500ml 4.10

Harbour Brewery India Pale Ale, Cornwall (5.2%)

500ml 4.40

Skinner's Porthleven, Cornwall (4.8%)

500ml 4.40

Wooden Hand Brewery Cornish Steam Lager, Cornwall (4%)

330ml 4.10

Sharp's Doom Bar, Cornwall (4.3%)

500ml 4.20

Rekorderlig Strawberry & Lime cider, Sweden (4%)

500ml 4.75

Rekorderlig Mango & Raspberry cider, Sweden (4%)

500ml 4.75

Crabbie's alcoholic ginger beer, Edinburgh (4%)

500ml 4.10

Red

Granfort Merlot, Pays d'Oc, France

A rich, juicy southern French wine using this popular variety which originated from Bordeaux.

4.00 5.75 16.95

Vendange Cabernet Sauvignon, California, USA

Plenty of ripe blackberry flavours: deliciously soft.

4.25 6.00 17.95

Short Mile Bay Shiraz, South-Eastern Australia

Ripe blackcurrant and bramble fruit, with a hint of black pepper spice on the finish.

4.00 5.75 16.95

Malbrontes Malbec-Torrentés, Mendoza, Argentina

Blackberry fruit, some spice with notes of blossom from the Torrontes.

21.95

Dashwood Pinot Noir, Marlborough New Zealand

Crunchy black and red cherry fruit are backed up by winter spice, plum and vanilla.

25.95

Ravenswood Old Vine Zinfandel, Lodi County, USA

Powerful and spicy with typical black pepper, plum and berry-fruit aromas and flavour. A very full-bodied palate but with ripe, velvety tannins giving a smooth, rounded finish.

23.95

Rose

Whispering Hills White Zinfandel, California, USA

Loads of fresh summer-fruit flavours and lively acidity. Medium-bodied to appeal to most palates, California's own Zinfandel.

4.00 5.75 15.95

Mirabeau Pure Rosé, Côtes de Provence, France

Provençal, herbaceous 'garrigue' flavours meld well with hints of grapefruit, cherry and orange blossom.

21.95

Softs

Eager Apple/Orange/Cranberry/Tomato juice 2.10

Belvoir Raspberry Lemonade 2.40

Bottle Green Elderflower 2.40

Bottle Green Elderflower & Pomegranate 2.40

Fever Tree Tonic/Ginger Ale/Ginger Beer 2.10

Pepsi/Diet Pepsi/Lemonade 2.50

Hildon Mineral Water 750ml 3.95

330ml 2.00

125ml measure available upon request