

SAFE HARBOUR

58 Lostwithiel Street
Fowey, PL23 1BQ

01726 833 379



FRESHLY MADE SANDWICHES

Served with salad and homemade coleslaw

LOCAL CRAB & CRACKED BLACK PEPPER	9.50
CHEDDAR CHEESE & HOMEMADE CHUTNEY (v)	8.50
SLICED HAM, TOMATO & GRAIN MUSTARD	8.50
BACON, CORNISH BRIE & HOMEMADE RED ONION MARMALADE	8.50
ROASTED RED PEPPERS, PESTO & VEGAN CHEESE (vg)	8.50
BEER BATTERED FISH FINGERS, TARTARE SAUCE	9.00
PRAWNS, MARIE ROSE SAUCE, LETTUCE & TOMATO	9.25

JACKET POTATOES

Served with salad and homemade coleslaw

PRAWNS & MARIE ROSE SAUCE (gf)	9.95
CHEDDAR CHEESE & BAKED BEANS (v)(gf)	9.50
FIVE BEAN CHILLI (vg)(gf)	9.50
CHICKEN CURRY (gf)	9.50

STARTERS

SCALLOPS, PRAWNS, PANCETTA (gf)	8.50
Pan fried with garlic, chillies and ginger	
CHICKEN WINGS (gf)	6.50
House wings cooked in a buffalo sauce, with a sour cream dip	
CRAB & PRAWN COCKTAIL (gf)	7.50
Local Cornish crab, large prawns, malted bread	
FLAT MUSHROOM (vg)(gf)	7.00
Topped with vegan mozzarella, cherry tomatoes, garlic, chives and balsamic glaze	
SCAMPI	8.00
Panko coated monkfish served with a mushy pea dip	

SIDES

CHIPS (v)(gf)	3.75
Add cheese +50p	
GARLIC BREAD (v)	3.00
Add cheese +50p	
BEER BATTERED ONION RINGS (v)	4.00

ALLERGEN

Allergen information is available upon request. Please let your server know about any intolerance to specific allergens and we will be able to say which of our dishes are safe for you to eat.

FROM THE SEA

CORNISH HAKE FILLET (gf)	15.50
Pan fried on chive mash with soy butter	
COD & CHIPS (gfo)	13.00
Beer battered cod, mushy peas and homemade tartare sauce	
KING PRAWN TAGLIATELLE	13.75
In a roasted red pepper sauce	
SMOKED HADDOCK RISOTTO (gf)	14.50
Topped with a soft poached egg	
SAFE HARBOUR FISH PIE (gf)	14.50
Full of seasonal local fish in a chive sauce topped with potato, with salad and a warm roll	

FROM THE LAND

8oz RIB EYE STEAK (gf)	19.50
Grilled tomatoes, mushrooms, beer battered onion rings and fries	
CHICKEN TIKKA MASALA (gfo - without naan, bhaji, pakora)	13.50
Rice, naan bread, poppadum, mango chutney, bhaji and pakora	
SAFE BURGER (gfo)	12.50
With bacon, cheese, lettuce, tomato, BBQ sauce, onion rings and fries	
BELLY PORK (gf)	14.25
Crackling topped pork belly, garlic croquettes and onion scrumpy gravy	

VEGETARIAN & VEGAN

PASTA (v)	12.50
Spaghetti tossed in a creamy avocado and pesto sauce	
CURRY (v)(vg)	12.75
Sweet potato, chickpea, spinach & coconut, with rice and accompaniments	
MEATBALLS (v)(vg)(gf)	12.75
Barbecue black bean balls in a rich smoky tomato sauce, wild rice and flatbread	

HOMEMADE DESSERTS

STICKY TOFFEE PUDDING (gf)	6.75
Rich toffee sauce, topped with clotted cream	
APPLE TART (vgo - vegan custard available)	6.75
Topped with almonds and served with custard	
LEMON & PASSION FRUIT TART	6.75
Served with fruit coulis and clotted cream	
CORNISH ICE CREAM TRIO	6.75
Served in a wafer basket, topped with sauce and clotted cream	

(v) = Vegetarian · (vg) = Vegan · (vgo) = Vegan Option Available
(gf) = Gluten Free · (gfo) = Gluten Free Option Available

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SAFE HARBOUR • FOWEY
FOOD MENU
