

Sandwiches

SERVED FROM MIDDAY TO 17.00 HOURS

Toasted minute steak with caramelised onion and blue cheese	£9.95
Crayfish tails with lemon and black pepper cream	£7.25
Home cooked ham and wholegrain mustard Cheddar cheese and 'Tribute Ale' chutney	£5.95
Tuna, cucumber and mayonnaise	£5.95
Smoked salmon, cream cheese and dill	£7.25
Club sandwich chicken, bacon, lettuce, tomato and mayonnaise	£8.95

Sandwiches are served with a handful of crisps and are available on white or granary doorstep bread or a granary baguette

Dietary Requirements

If you have any allergies or dietary requirements, please make them known at the time of ordering as some dishes may contain additional ingredients. All fish dishes may contain bones. We use nuts in our kitchen so all dishes may contain nut traces.

Local suppliers

Wherever possible, we source our ingredients from local farmers and fishermen. To make the most of the carefully selected produce, your food is cooked to order and may sometimes take a little longer to be served. We always do our best to serve you as quickly and efficiently as we can.

We're keen to support the local economy, here are some of the main suppliers – so you can support them too!

Fish - Wings of St. Mawes and Stevens of Newlyn

Meats - Etheringtons of Scorrier, RJ Trevarthens of Penryn and Carnon Downs Butchers

Bakery - Berrymans of Redruth

Dairy - Roddas of Scorrier and Lillie Brothers of Falmouth

Fruit & vegetables - Hendy's of Helston

Dry goods - Dobles of St Agnes and MJ Baker of Newton Abbot

Hot beverages

Espresso	£1.40
Cappuccino	£2.00
Coffee	£1.50
Caffé latte	£2.00
Macchiato	£2.00
Hot chocolate	£2.00
Hot chocolate with whipped cream and marshmallows	£2.50
Decaffeinated coffee	£1.50
Tea per person	£1.50
Herbal tea	£1.70
Decaffeinated tea per person	£1.50
Liqueur coffee	£4.95

Desserts

We have a fabulous range of desserts! Please take a look in our refrigerated display for today's selection, or ask your server for details.



Email punchbowladladle@googlemail.com to pre-order your food and visit our website to view our menus.

Keep up to date with what's happening at the Punchbowl & Ladle – signing up to our e-newsletter on:
www.punchbowladladle.com

The Punchbowl & Ladle
Penelewey, Truro, Cornwall TR3 6QY
Tel: 01872 862 237

Food



Tempters

Olives marinated with sun blushed tomato and feta

Crusty bread with extra virgin olive oil and balsamic reduction

Home made humous with pitta bread

Breaded whitebait with aioli

Spicy wedges with sweet chilli mayonnaise

All £3.45

Starters

Home made soup served with crusty bread £4.95

Pâté of the day £5.95
served with Melba toast, home made chutney and salad garnish

Anchovies marinated in chilli, garlic and mint £5.50
tossed together with fresh rocket and tomato salad

Thai style fish cake £6.50
served with salad garnish and lime mayonnaise

Goats cheese and red onion tart £6.95
served with a salad garnish

Starters to share – or a main course for one person

Charcuterie board £10.25
a selection of dry cured meats, olives marinated with sun blushed tomato and feta, home made humous served with crusty bread

Seafood board £12.25
selection of breaded whitebait, smoked mackerel, shell on prawns, crayfish tails and smoked salmon, served with crusty bread and a lemon and black pepper cream dip

Vegetarian Choices

Mushroom stroganoff £9.95
sautéed mushrooms in walnut oil, served in a rich sauce of crème fraîche and cream, accompanied by boiled rice

Vegetable stir-fry £8.95
fresh finely chopped vegetables stir-fried in lemongrass, ginger and soy sauce, served on a bed of noodles

Penne pasta served in a tomato and basil sauce £8.95
topped with Parmesan cheese and served with garlic bread

Functions

We can cater for up to 100 people so whether you're celebrating a birthday or anniversary, tying the knot or arranging a business event, call Kathy Trick to discuss your requirements on 01872 862 237.

Main Courses

Battered catch of the day £10.95
cooked in our own St Austell Ale batter, served with chips, peas and home made tartare sauce (gluten-free batter on request)

Whole tail scampi £10.95
succulent breaded scampi tails served with chips, salad garnish and home made tartare sauce

Home made fisherman's pie £13.00
medley of fish cooked in cream, white wine and fresh dill, topped with cheesy mashed potato and served with seasonal vegetables

Trio of local sausages £9.50
served on a pile of root vegetable mash with onion gravy

Home made beef lasagne £9.95
prime minced beef layered between sheets of lasagne and a rich sauce, topped with Cheddar cheese, served with a garnish and garlic bread

Curry of the day £10.95
served with poppadum and rice – please see our specials list

Grilled salmon steak £10.95
with a spicy tomato and fresh herb topping, served with stir-fried vegetables

Rump steak cooked to your liking 10oz rump £14.50
with all the trimmings – mushroom, tomato, onion rings and chips 5oz rump £7.95

Pan-fried chicken breast £13.50
with a rich creamy tarragon sauce, served with seasonal vegetables and new potatoes

Local honey roasted gammon ham £9.50
served with free range eggs and chips

Whole sea bass £16.50
cooked with rosemary, lemon and sea salt served with vegetables and new potatoes

Home made beef burger in a floured bap £10.25
served with chips, salad and home made chutney

Extra bacon or Stilton £1.00 each

Side Orders

Garlic bread £2.50

Cheesy garlic bread £2.95

Cheesy chips £2.95

Mixed salad £3.25

Vegetables of the day £2.95

Portion of potatoes £2.50

Onion rings £2.50

Bowl of chips £2.50

Coleslaw £1.00

Jacket Potatoes

Tuna and spring onion mayonnaise £6.95

Beans and cheese £5.95

Coleslaw £5.95

Coronation chicken £6.95

Salads & Ploughman's

Cornish ploughman's £10.50
Cornish Blue and Cheddar cheese with a slice of West Country ham, served with a crusty baguette, salad, chutney, pickled onion and grapes

Chicken Caesar salad £9.95
mixed salad with anchovies, boiled egg, croutons and Caesar dressing

Children's Meals

Chicken goujons £4.95
with mashed potato and peas

Penne pasta £4.75
with Parmesan shavings and garlic bread

4oz home made beef burger in a bun £5.50
with chips and beans

Battered fish goujons £5.95
served with chips and peas

Whole tail scampi £5.95
succulent breaded scampi tails served with chips, salad garnish and home made tartare sauce

Sunday Roast

Available 12 noon to 3pm
choice of three meats or vegetarian nut roast subject to availability.
Gluten-free Yorkshire pudding and gravy available on request.

Food service times

We serve food everyday.
10.30am - midday for coffee and cake, and then midday to 21.00 hours for lunch, afternoon snacks, cream teas and evening meals.