

Dolphin Bar & Grill

At Dolphin Bar & Grill we care about our carbon footprint and we are committed to minimising the impact that we have on the environment. Where possible we use locally sourced food and even produce and grow our own herbs in the Square's gardens. We also ensure that where possible we source sustainable food products and always try to do the 'right thing' regarding our food.

Light Bites

Crab Fritters	£5.25
White Cornish crab claw meat, lime, coriander and aioli	
Grilled Lamb Cutlets	£4.25
Sun-blushed tomatoes, spring onion and mint chutney	
Garlic Ciabatta Bread £3.75 With Cheddar cheese	£4.25
Rustic half loaf, fresh garlic and herb garden parsley	
Marinated Mixed Olives	£3.00
Marjoram, garlic, parsley	

Starters

Homemade Soup	£4.50
Crusty roll	
Seasonal Terrine	£7.25
Please see the blackboard for details	
Calamari	£6.75
Pickled cucumber salad and sweet chilli relish	
Crispy Veggie Salad (v)	£6.75
Lightly battered peppers, courgette, plantain, spring onion, chilli oil and aioli	
English Cured Meats	£7.75
Cumbrian cured meats, our own piccalilli and damson chutney	
Baked Cornish Goats Cheese Gratin (v)	£6.75
Baby spinach, orange and walnut salad	
Potted Smoked Mackerel	£5.25
Melba toast and crispy fennel salad	

Main Courses

Fish 'n' Chips Duo	£12.75
Sourced beer battered Pollock and Haddock, skinny fries or chunky chips, posh mushy peas	
Rib-Eye Steak	£17.50
8oz of Britain's choicest beef, Portobello mushroom, plum tomato, béarnaise or peppercorn sauce	
B & G Burger	£12.75
Allen's of Mayfair's best minced beef, House relish, dill pickle and skinny fries or chunky chips	
Belly of British Pork	£15.50
Sweet potato and spring onion purée, spring greens, apple and tarragon	
Filo Moneybag (v)	£13.75
Mediterranean vegetables, buttered leeks, goat's cheese sauce	
Bangers 'n' Mash	£12.75
Please see the blackboard for details	
Pan-fried Seabass	£15.75
Seabass sustainably sourced in British waters, basil and split pea risotto, samphire, white wine dill sauce	

Papperdelle Pasta with choice of sauce	all £12.75
Traditional tomato ragu(v) or Spicy Chorizo sauce or Gorgonzola & sundried tomato(v)	

Salads

Beetroot Salad	£11.25
Heirloom beets, pine nuts, radish and mixed herbs	
Gorgonzola, Pancetta and Cranberry	£11.25
With mixed herbs and leaves	
Caesar and Chicken Caesar Salad	
Plain £9.25 Chicken £11.25	
Cornish Crab Tian	£11.25
Spiked lime, avocado, cucumber, capers and dill.	

Please choose a dressing for your salad; Italian, French, Honey Mustard, Caesar, Ranch or Balsamic.

(v)All our salads are available as vegetarian dishes, please just ask.

Sides

	all £2.75
Skinny Fries or Chunky Chips, Seasonal Vegetables, Creamed Mashed Potato, Asparagus, Wilted Spinach.	

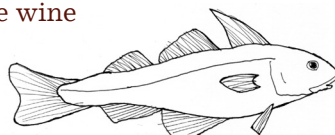
For our Younger Guests

Mini Home-Made Burger and Chips	£6.25
Bangers 'n' Mash and Peas	£6.25
Fresh Fish Goujons, Chips and Peas	£6.25
Cheese and Tomato Pizza	£6.25
Papperdelle with Tomato Ragù	£6.25

All children's dishes are available with a selection of vegetables

Desserts

Selection of British Cheeses	£6.50
Please see the blackboard for details	
Homemade Trifle	£6.25
Fresh fruit, custard, whipped cream	
Chocolate Fondant	£6.25
Served with raspberry sauce	
Fruit and Champagne terrine	£6.50
Served with Chantilly cream	
Lychee and Passion Fruit Mousse	£6.25
Served with a vanilla biscuit	
Devonshire Ice Cream	£5.25
Please see the blackboard for details	
British Sorbets	£4.25
Please see the blackboard for details	



Opening hours Mon - Sat 7.00am-10.30pm
Bar & Lounge opening hours Mon-Sat 11.30am-11pm Sun 11.30am-10.30pm