

Gluten Free Menu

Welcome to The Polurrian on the Lizard & our Gozney wood fired oven.
Inspired by the rustic dishes & bold flavours of the Mediterranean mixed with local Cornish ingredients.
This is food from the heart, enjoyed together in relaxed, spectacular surroundings.

~ Cornish Tapas Starters ~

Halloumi fries, chimichurri
Mini wood fired garlic bread
Fowey bay mussels in Cornish cider
Gluten free bread, olives and dipping oil
£5 each or a sharing platter of three for £12

~ Fish ~

Locally caught wood fired fish stew,
garlic & saffron yoghurt,
Gluten free bread **£14**

Day boat fish of the day, local greens,
caper and lemon beurre noisette **£14**

~ Woodfired Sharers ~

Chicken caesar board, wood fired chicken,
charred lettuce, parmesan shavings,
anchovies **£18**

Wood fired shellfish, charred lemon roasted
garlic, gluten free bread **£22**

~ Wood Fired Pizza ~

Gluten free pizza base

Mozzarella, garden cherry
tomato, fresh basil
£11

Beetroot, goats cheese,
red onion, garlic
£13

Chicken,
mixed peppers
£15

Pulled pork, chicken,
beef, mixed pepper, red
onion, mozzarella
£17

~ Pudding ~

Pizza dough, strawberries, melted marshmallows, chocolate sauce **£10**
Slow gin panna cotta, plums **£6**
Roskillys Cornish ice cream or sorbets **£4**
Cornish cheese board, artisan crackers, vine grapes, Halzephron chutney **£10**

~ Burgers ~

Mustard basted, beef burger,
Mature cheddar, homemade burger relish **£12**

~ Steaks ~

Chargrilled rump steak, devils butter,
Pan fried onions, rustic cut chips,
lizard leaf salad **£19**

Wood fired pork tomahawk, with sundried tomato's,
lemon, spinach & roasted new potato **£19**

Trevaskis farm roasted butternut squash, feta, baby
leaf spinach, beetroot, **£12**

~ Sides ~

Cornish sea salt fries
Lizard leaf salad
Oven fired garden root vegetables
Shaved courgette, thyme & walnuts
Baked new potatoes, with garlic & parmesan
£4 each

Provenance

Charlotte our head chef has been with us since 2011 and as of 2019 she has become your head chef here at The Polurrian. She is very proud to be an advocate of the slow food movement, but don't worry this doesn't mean your food is slow to cook. Charlotte and the team just spend longer finding the best produce from as close a radius as possible – that's the only slow bit. The beauty of running a kitchen in Cornwall is the ability to source the produce from the countryside to the coastline. Here at The Polurrian the origin and quality of product is the most important thing to us and the unrivalled choice of local suppliers we have is unique. Charlotte and the team are able to bring out the best of these ingredients by cooking traditionally in our wood-fired oven, but the proof of the pudding is in the eating – Enjoy!

~ South Coast Fisheries ~

Based in Portreath only 20 miles from The Polurrian.

A four generation family run business which helps the standard and quality of fish to be at its pinnacle. Only the best quality Cornish fish from ports each morning.

~ R.J Trevarthen ~

Based in Stithians only 12 miles from The Polurrian.

When it comes to freshly cut meat there's nothing better than heading down to your local butchers and choosing from a range of carefully selected beef, lamb, pork and poultry.

~ Halzephron Herb ~

Based right here on the Lizard Peninsula only 7 miles from our door.

Halzephron pride themselves on producing great tasting, good quality food, using only the finest local ingredients. Their unique range is still made in small handmade batches which ensure that the taste is never compromised.

~ Tregullas Farm ~

A 6 mile journey from The Polurrian is Tregullas Farm.

Grown without chemicals or artificial fertilizers, their garlic provides the flavour to our wood fired garlic breads.

~ Trevaskis Farm ~

Based in Hayle only 20 miles from The Polurrian.

From everyday essentials to the more artisan products of a food lovers delight, Trevaskis farm provide food for The Polurrian. They have 30 years of trading and operate with the same ethos as us, prioritising home-grown.

~ Baker Tom ~

Based in Falmouth 19 miles from The Polurrian

11 years as an home baker, Tom's bread still tastes like it was made in his mums kitchen.

With shops now in Falmouth, Truro, Penzance and Wadebridge his traditional recipe's produce wholesome breads that are full of favour.