

# Café Indigo

## Starters

Homemade soup of the day Crusty bread	£4.50
Marinated figs with 'Fingals' goats cheese Wild rocket, Cornish coppa, shaved parmesan And aged balsamic (v) W	£5.95
Hot smoked salmon Buckwheat blinis, horseradish crème fraiche, dill Capers and land cress W	£6.25
Winter vegetable salad Toasted seeds, grilled ciabatta croutons, orange and lemon dressing (v) W	£5.95
Savory pancakes filled with your choice Chicken and Mushroom Ham and cheese Spinach, feta and oven dried tomato	£5.25

## Light Bites

Bedruthan Specialty Steak Sandwich Rare peppered Cornish sirloin, caramelized Red onions, melted Cornish cheese and horseradish Crème fraiche in crusty ciabatta	£8.95
Freshly prepared Pasta of the day Seasonal availability, please ask your waitress/ waiter	£4.50
Smoked chicken, bacon, avocado and confit tomato Panini Succulent grilled chicken breast, crispy bacon, ripe avocado	£6.95
Fresh local mussels Local cider, Cream and parsley crusty bread	£7.95
Gratinated Cornish Crab Meat Ginger, Pink Grapefruit, crusty bread W	£8.95

## Main Courses

Marinated figs with 'Fingals' goats cheese Wild rocket, Cornish coppa, shaved parmesan And aged balsamic (v) W	£8.95
Hot smoked salmon Buckwheat blinis, horseradish crème fraiche, dill Capers and land cress W	£9.25
Winter vegetable salad Toasted seeds, grilled ciabatta croutons, orange and lemon dressing (v) W	£8.50
Savory pancakes filled with your choice Chicken and Mushroom Ham and cheese Spinach, feta and oven dried tomato	£8.25
Finest fish from the market Deep fried in panko crumbs with minted pea Puree and ravigote sauce	£Market price
Grilled garlic chicken escalope Honey roasted pumpkin, watercress, red wine Dressing W	£9.25

## Side Orders

Chunky Chips Rock salt, malt vinegar	£2.50
Freshly baked foccacia bread Balsamic vinegar, Olive oil	£2.25
Garlic Ciabatta bread	£2.25
Menallack vintage cheese ciabatta garlic bread	£2.65
Marinated vegetables Toasted pesto and mixed seeds	£3.75
Fresh Market Salad	£3.50

## Freshly Cut Sandwiches

One and a half rounds served on your choice of granary or white bread with salad garnish and Stuart's crisps

Free range egg, cress and mayonnaise (V)	£6.25
Poached salmon and cucumber with lemon Mayonnaise	£6.75
Fresh Cornish crab, rocket and lime aioli	£8.25
Honey baked ham with salad and Cornish Ale mustard mayonnaise	£6.75
Montgomery's Cheddar* with Patnick's chutney (V)	£6.75
Rare roast beef with horseradish crème Fraiche and watercress	£8.25

## Desserts

All our desserts are made freshly on a daily basis. Please refer to our black board for the daily selection or ask your waitress/ waiter

## Children's Meals

Cornish sausage and baked beans on toast	£3.25
Homemade chicken goujons	£3.95
West Country ham and cheese toasty	£3.95
Baked potato with butter and cheese	£3.95
Baked potato with baked beans	£3.95
Plain pasta with butter	£3.75
Pasta with tomato sauce	£3.75
A portion of freshly cooked vegetables	£1.50
Selection of finger sandwiches	£3.25
Variety of organic baby foods	£1.50/ £2.00

W – denotes dishes that are light and low in fat, ideal for those visiting the Ocean Spa

V – Vegetarian or vegetarian option available

(n) Some of our dishes may contain traces of nuts or nut oils.

Where possible Café Indigo uses fresh local produce; our recommended supplier list is available at reception

\*Award winning Montgomery's Cheddar, Fingals Cornish goats cheese and Menallack vintage cheese are all un-pasteurised, we stock a pasteurised West Country mature cheddar if you prefer

Large type menus are available. All prices inclusive of value added tax at 15%

# Café Indigo

## Soft Drinks

	Size	Price
Apple Juice	200ml	£2.50
Orange Juice	200ml	£2.50
Pineapple Juice	125ml	£1.50
Grapefruit Juice	125ml	£1.50
Cranberry Juice	200ml	£1.50
Tomato Juice	125ml	£1.50
Elderflower presse	175ml	£2.60
Cranberry presse	175ml	£2.60
Bitter Lemon	125ml	£1.50
Tonic Water	125ml	£1.50
Slimline Tonic	125ml	£1.50
Lemonade	200ml	£1.50
Coke	200ml	£1.50
Diet Coke	200ml	£1.50
Ginger Ale	125ml	£1.50
Ginger Beer	200ml	£1.50
Cornish Mineral Water Still	250ml	£1.70
Cornish Mineral Water Sparkling	250ml	£1.70
Cornish Mineral Water Still	750ml	£3.20
Cornish Mineral Water Sparkling	750ml	£3.20
Bedruthan Purified Water Still	1000ml	£3.00
Bedruthan Purified Water Sparkling	1000ml	£3.00

## Champagne and Wine by the glass

	175ml	250ml	Bottle
<b>13. Philipponnat Royale Reserve Brut NV (Champagne, France)</b>	£7.50		£36.00

Vinous, fruity and well-structured. Generous and long, finishing on a note of biscuits and freshly-baked bread. Royale Reserve makes an ideal aperitif but also has sufficient vinosity that allows it to be enjoyed with food

### Crispy & Lively Whites

<b>17. Sauvignon Blanc 2007/08, Las Condes</b>	£4.50	£6.00	£17.00
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Intensely floral with elderflower and grassy notes. Palate reflects the same fruit profile with crisp citrus fruits to finish

<b>19. Picpoul de Pinet, Chateau de la Mirande 2007 (Languedoc, France)</b>	£5.50	£7.50	£14.95
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This is a deliciously understated wine, a touch of savouriness, a hint of white flowers, and before you know it the contents of the bottle have disappeared. Thirst quenching and just delicious with fresh local oysters.

<b>22. La Gitana Manzanilla, Bod. Hidalgo (Sanlucar de Barrameda, Spain)</b>	£4.50 (125ml only)		£21.00
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A bone-dry and thirst-quenching, refreshing Manzanilla (sherry). It is the perfect accompaniment to the magnificent seafood of Cornwall and beyond, and indeed a wonderful foil for salty foods of all kinds.

<b>23. Sauvignon Blanc 2007, 3 Stones (Marlborough, New Zealand)</b>	£6.95	£8.95	£17.90
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**This Sauvignon Blanc is a zesty and delicious wine from Marlborough. Flavours of passion fruit and gooseberry combine with mouth-watering acidity, creating a truly refreshing wine.**

<b>24. Chablis 2006/07, Daniel Dampt Burgundy, France</b>	£8.00	£10.50	£30.00
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After an extensive Chablis tasting we found Daniel Dampt. Fine, elegant, minerally fruit balanced with a fine, firm body. Pure Chablis at its very best.

### Rich and Creamy whites

<b>34. Chenin Blanc Reserve 2007/08, Makana South Africa</b>	£4.50	£6.00	£16.00
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Zesty lime aromas allied to fruit salad and ripe melon flavours, lead to a fresh palate and stunningly crisp, lingering aftertaste

<b>35. Chardonnay 2007/08, Las Condes Chile</b>	£4.50	£6.00	£17.00
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Pale gold in appearance, the wine has a fruity nose with a smokiness and fresh pineapple and banana fruit. On the palate the tropical fruit is met by a smooth creamy feel and balancing acidity

<b>36. Pinot Grigio 2007, Mezza Corona Trentino-Alto-Adige, Italy</b>	£6.50	£9.00	£25.00
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Great Pinot Grigio with typical ground almond flavour and a touch of spritz. The wine is more vinous than most with a suggestion of orchard fruits and the sort of weight that can handle most fish dishes.

### Pink

	175ml	250ml	Bottle
<b>61. Pinot Grigio Rosé 2007, Ancora, Italy</b>	£5.00	£7.00	£19.00

Vinified with 13% Pinot Noir to give colour and a vibrant berry fruit character, this is as good a Pinot Grigio Rosé as you will find, we think you will find this wine so refreshing and truly delicious that you will almost certainly want to come back for more.

<b>62. Pinot Noir Rosé 2006/2007, Slowine Overberg, South Africa</b>	£5.50	£7.50	£21.00
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Very fruity with red berry fragrances, redcurrant and raspberry predominate. Fresh and flowery with a sweetness showing towards the back. An excellent refresher.

### Lighter & a little brighter reds

<b>70. 'Cornellana Estate' Cabernet Merlot 2006/07 Vina La Rosa Rapel, Chile</b>	£5.00	£6.50	£15.00
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Ripe, intensely fruity Cabernet Sauvignon with lots of cassis and blackberry aromas. Smooth, easy drinking, packed with cassis and soft mint flavours.

<b>71. Merlot 2006, Slowine Overberg, South Africa</b>	£5.50	£7.50	£21.00
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Packed with ripe black plum, squashy and full. The palate has depth, richness of fruit, quite supple and rounded with mid-palate firmness. Lots of flavour with enough structure to give both character and length.

### Food friendly middle weight reds

<b>79. Olifants River Shiraz 2006/07 Lutzville Valley, South Africa</b>	£4.50	£6.00	£17.00
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Spicy, dark berry fruit combine with clove and cherry on the nose. The wine has a subtle tannin structure. A soft, ripe palate with black berry flavours culminating in a smooth, integrated tannin fruit combination.

<b>82. The Ruins Organic Pinotage 2006/07 Bon Cape South Africa</b>	£5.00	£7.00	£16.50
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Deep red colour with sweet ripe berry and red and black cherry flavours. The light oak usage contributes to white spice and secondary coffee flavours. This follows on to a silky smooth tannin structure on the mid and back palate and ensures a velvety persistent finish

<b>83. Araneleon Crianza 2004/05 Utiel Requena, Spain</b>	£5.50	£7.50	£19.00
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£7.50 (12.5cl)

From one of the most exciting areas of Spain, this 50/50 blend of Tempranillo and Cabernet Sauvignon is given 6 months in oak and at least a year in the bottle to ensure soft tannins.

### Plush and rich reds

<b>93. Limestone Coast Shiraz 2006, Domaine Tournon, Michel Chapoutier, South Australia</b>	£8.00	£10.50	£30.00
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From this famous Rhone producer, this wine has intense colour and red fruit aromas with some liquorice and smoky notes. Very soft, discrete rounded tannins with fruit aromas showing

## Hot Beverages

### Specialty Coffees

Americano	£2.20
Cappuccino	£2.70
Espresso	£2.20
Double Espresso	£2.70
Floater Coffee	£3.70
Latte	£2.70
Macchiato	£2.50
Mocha	£2.80

### Liquor Coffees

Irish Coffee (Jameson Whiskey)	£5.50
French Coffee (Courvoisier Brandy or Cointreau)	£5.50
Calypso Coffee (Tia Maria)	£5.50
Mexican Coffee (Kahlúa)	£5.50
Café Disaronno (Amaretto di Saronno)	£5.50
Caribbean Coffee (Captain Morgan)	£5.50
Tennessee Mud (Jack Daniels, Amaretto)	£5.50

### Tea

Pot of Tea for One	£2.20
Tea per extra Person	£1.10
Herbal and Fruit Infusion	£2.40
Please ask a team member for selection	
Hot Chocolate	£2.80