


CINTRA

SEAFOOD BAR

GORDAL OLIVES (GF) (DF) 4.50

HOMEMADE BREAD (VG)  4.50
Dukka, confit garlic.

CHARRED PADRON PEPPERS (GF) (DF) 6.00
Cornish sea salt, chilli flakes, lemon aioli.

SMALL PLATES

PAN FRIED RAY WING (GF) 10.50
Red wine jus, caper butter.

CRISPY LEMON SOLE 10.00
Katsu curry.

TEMPURA MONKFISH (DF) 9.50
Gribiche mayonnaise.

MACKEREL FILLETS (GF) 9.75
Roasted beetroot, whipped feta.

SALT & PEPPER SQUID (DF) 8.50
Black garlic aioli.

STEAMED MUSSELS (GF) 9.50
Mariniere.

CLASSIC OYSTER (GF) (DF) 3.50
House Mignonette.

TEMPURA OYSTER (DF) 3.50
Japanese yuzu.

* **KING PRAWNS** (GF) (DF) 9.25
Nduja, coconut milk, coriander.

BAKED SCALLOP 4.00
Creamed greens, pancetta & herb crumb.

CRAB NACHOS  12.50
Jalapeño, sriracha, lemon crème fraîche, coriander.

CRAB BOUILLABAISE 12.00
Dressed crab, rouille, crispy wonton.

ROASTED PORK FILLET (GF) 10.00
Candied red cabbage, celeriac purée

CRISPY BUTTERMILK CHICKEN 9.00
Katsu curry.

HERITAGE CARROTS (GF) (VG)  8.00
Orange, goats curd, hazelnuts.

HARRISA ROASTED CAULIFLOWER (VE) (DF) (GF)  8.00
Romesco sauce, toasted almonds.

SIDE PLATES

GARLIC & ROSEMARY CHIPS (VE) (GF) (DF) 4.00

TRUFFLE & PARMESAN CHIPS (GF) 5.50

ROASTED NEW POTATOES (VE) (GF) (DF) 4.00

DAUPHINOISE POTATOES (VG) (GF) 5.00

HOUSE SALAD (VE) (GF) (DF) 5.00

ASIAN WOK FRIED GREENS (VE) (DF) 5.00

DESSERTS

LEMON TART 7.50
Italian meringue.

CHOCOLATE CREMEAUX (VG) 7.50
White and dark chocolate, caramel, summer fruits.

AFFOGATO (VG) (GF) 6.50
Cornish vanilla ice cream, locally roasted espresso.

MOOMAID OF ZENOR ICE CREAM (GF) (VG) 7.00
Selection of locally made Cornish ice creams.

ESPRESSO RUMTINI COCKTAIL 9.00
St Ives Island white rum, coffee liqueur, double espresso.

* GIVING BACK TO THE SEA

OUR CHARITY OF CHOICE

50p of this dish is donated toward the **Cornwall Wildlife Trust** to support their charitable efforts to study and preserve marine life.



DIETARY KEY

(VE) - VEGAN (DF) - DAIRY FREE*  - SPICY
(VG) - VEGETARIAN (GF) - GLUTEN FREE*  - CONTAINS NUTS*

* - We cannot guarantee any dish will be 100% free from allergens. If you have any allergens please inform one of our team before ordering. The symbols we have used are a guide and we cannot prevent cross-contamination in our kitchen.

WINES

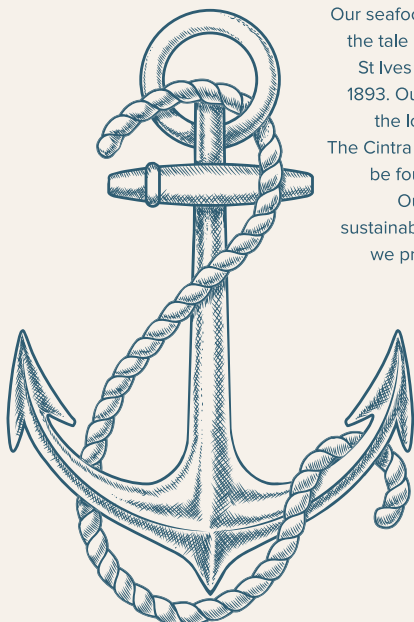
	PV	R	L	B
WHITE				
ORGANIC GRILLO	Italy	5.95	7.95	23.50
VINHO VERDE	Portugal	6.45	8.95	26.00
VERDEJO	Spain	7.20	9.65	28.00
SAUVIGNON BLANC	New Zealand	7.65	10.65	30.00
PICPOUL DE PINET	France	7.65	10.65	30.00
ALBARINO	Spain	9.00	12.50	36.00
ROSÉ				
PINOT ROSÉ	Italy	6.20	8.20	24.50
ORGANIC ROSÉ	Spain	7.85	10.85	32.00
WHISPERING ANGEL PROVENCE	France	11.50	16.00	48.00
RED				
ORGANIC NERO D'AVOLA	Italy	5.95	7.95	23.50
GARNACHA - MERLOT	Spain	6.45	8.95	26.00
ORGANIC FRAPPATO	Italy	7.20	9.65	28.00
SPARKLING				
PROSECCO	Italy	9.50		30.00
VEUVE CLICQUOT BRUT	France	13.50		75.00

All of our wines are also available in a 125ml measure.

BEER & CIDER

ESTRELLA 4.6% 330ML	4.50
ST IVES BREWERY - MEOR IPA 4.8% 500ML	5.95
CORNISH ORCHARDS CIDER 5% 500ML	5.95
BUDVAR ZERO 330ML	3.50

THE STORY OF CINTRA



Our seafood bar draws inspiration from the tale of the ship that met its fate in St Ives Bay during the Great Gale of 1893. Our restaurant pays homage to the lost vessel and its brave crew. The Cintra Anchor and its memorial can be found on Smeaton's Pier today. Our commitment to quality and sustainability is reflected in every dish we prepare. Experience the tastes and location of St Ives' rich maritime heritage.

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COCKTAILS

	SWEET LVL	
NEGRONI AMERICANO	●○○○	9.00
Porthia Cornish Dry Gin, aperitivo, red vermouth, soda.		
CORNISH GARDEN	●●○○	9.00
Porthia Cornish Dry Gin, elderflower, lime, Sea Buck tonic.		
APEROL SPRITZ	●●○○	9.00
Aperol, prosecco, soda.		
P*RNSTAR MARTINI	●●○○	9.00
Vanilla vodka, passion fruit, pineapple, lime, prosecco shot.		
ESPRESSO RUMTINI	●●○○	9.00
St Ives Island white rum, coffee liqueur, double espresso.		
PIÑA-COCO-TINI	●●○○	9.00
St Ives Island coconut rum, coconut, lime, pineapple.		
MERMAID'S TAIL	●●○○	9.00
St Ives Island rum, coconut, passion fruit, pineapple, blue curaçao.		

PORTHIA GIN

Handcrafted in the heart of St Ives.
Served with a mixer of your choice.

CORNISH DRY	7.00 / 9.00
Refreshingly crisp notes of juniper and citrus peels. Recommended with classic tonic.	

COASTAL BLUSH	7.00 / 9.00
Semi-sweet, infused with berry juices. Recommended with Sea Buck blackberry tonic.	

CITRUS HAZE	7.00 / 9.00
Bittersweet, infused with orange zest. Recommended with Sea Buck tonic.	

ST IVES ISLAND RUM

Handcrafted in the heart of St Ives.
Served with a mixer of your choice.

CORNISH SPICED	7.00 / 9.00
Punchy sweet vanilla, zesty lime peel, subtle cinnamon.	

WHITewater	7.00 / 9.00
Clear, crisp, and refreshing with a grassy finish.	

COFFEE LIQUEUR	7.00 / 9.00
Made with 100% cold brew coffee, roasted in St Ives.	

COCONUT RUM	7.00 / 9.00
Infused with coconut flakes and coconut water.	

SOFT DRINKS

COLA / DIET COLA / LEMONADE	3.75
PURE SQUEEZED ORANGE JUICE	3.75
NATURALLY CLOUDY PRESSED APPLE JUICE	3.75
BELVOIR ORGANIC GINGER BEER 250ML	3.95
BELVOIR ORGANIC ELDERFLOWER PRESSE 250ML	3.95
STILL / SPARKLING MINERAL WATER 750ML	3.95
CLASSIC / LIGHT TONIC 200ML	2.95
SEA BUCK TONIC 200ML	2.95

Premium, Blackberry, or Elderflower.