



the  
cove  
RESTAURANT

## TIME FOR EVENING DINING

# Wellness Retreat Menu

### STARTERS

**BEETROOT & FETA SALAD** **V** **GF**  
balsamic reduction, dressed green leaf salad

**GAMBAS PIL PIL**  
king prawn, garlic, chilli, tomato,  
served with wood fired flatbread

**CONFIT CHICKEN TERRINE**  
pistachio, apricots, prunes, parma ham,  
red onion marmalade, dressed rocket leaves

**WILD MUSHROOM ON TOAST** **V** **VG** **GF**  
toasted brioche, poached hens' egg,  
parmesan crisp

**WHIPPED GOATS' CHEESE**  
pickled baby vegetables, confit lemon,  
tarragon vinaigrette, fennel biscuit

**CRAYFISH & PRAWN COCKTAIL**  
baby gem lettuce, cucumber ribbons, cherry  
tomatoes, fresh granary bread

### DESSERTS

**VANILLA PANNA COTTA**  
raspberries, homemade shortbread

**CHEESE & BISCUITS** **V**  
selection of 4 south west cheeses, artisan  
crackers, red onion marmalade, grapes, celery

**CARAMELISED PINEAPPLE** **VG**  
coconut sorbet, pistachio crumb

### MAINS

**TABOULEH SALAD** **V** **VG** **GF**  
mint yoghurt, pomegranate, almonds

**CHICKEN, RED LENTIL &  
CHICKPEA CURRY** **GF** **VG**  
spinach, butternut squash, rice, poppadom

**PAN FRIED SALMON** **GF**  
crushed new potato, wilted spinach,  
sauce vierge, seasonal vegetables

**CRISPY PLANT-BASED  
BURGER** **V** **VG**  
brioche bun, baby gem lettuce, pickles,  
jalapenos, bbq sauce, crispy onions

**CAPRESE SALAD** **V** **GF**  
heritage tomatoes, buffalo mozzarella, balsamic

**SPINACH & AVOCADO  
LINGUINE** **VG** **GF**  
almonds, coriander, chilli, garlic ciabatta

Sandy  
Cove  
HOTEL & SPA