

'Tanglewood to Go' - a range of gourmet Food Boxes, Sandwiches & award winning Quiche to enjoy 'on or off' island. All made fresh in store. **These all require a minimum of 24hrs notice for next day collection.**

Fresh Fish & Shellfish - a regular supply of prepared fish & shellfish sourced from Newlyn fish market, coupled with IOS landed Crab & Lobster. Special orders welcome. Available in store.

Wines & Spirits - a personal selection of wines. Westward Farm St Agnes Gin featuring our own Award Winning Tanglewood Pink Gin. IOS inspired & UK produced Daymark 1683 Rum. Ales of Scilly Beers, SC Dogs Rum & Vodka, St Martins Vineyard Wines, Holy Vale Wines.

Regional Produce - a range of carefully sourced food products that will enhance any culinary related activity – drinks, picnics, BBQ's, dinner parties or just the munchies.

Local Produce – Parting Carn Eggs, Troytown Ice Cream, Salakee Farm Duck, Siltagel Chutneys & Preserves, Downs Farm Charcuterie - a variety of locally grown fruit & vegetables when available & in season. IOS landed Crab & Lobster.

Bespoke Catering – from simple canapés to buffets, from dinner for two to large events we can help with all your catering requirements. Just get in touch and let's discuss your needs.



Delivery Information

We will deliver your food as arranged after receiving your order unless otherwise instructed. Food will be delivered fresh ready to re-heat/eat unless otherwise requested. For all delivery questions please email us at eat@tanglewoodkitchen.co.uk or telephone 01720 422454 or 07799706573. Thank you.

All prices and content are subject to change without notice and are subject to availability.

Follow us on Twitter, Facebook & Instagram

www.tanglewoodkitchen.co.uk

Find us on Hugh Street by the



THE
tanglewood
KITCHEN COMPANY

**Fresh Fish & Shellfish
Gourmet Food Boxes,
Sandwiches & Quiches to go.
Local, regional & national food
products.**

Bespoke outside catering.

**The Tanglewood Table
Curbside Delivery &
Tanglewood Table @ Home**

....and much more.

**Please come and visit. Enter
through the covered alley by
the side of the Post Office on
Hugh Street, St Mary's**

**Shop Opening Hours (as a rule)
Tuesday – Friday 9am -4pm**



**Call today on 01720 422454 or 07799706573
or email us at - eat@tanglewoodkitchen.co.uk**



Tanglewood Table @ Home

We are deeply sorry that we are unable to operate our award winning Tanglewood Table at this time. The unique & intimate nature of this Restaurant unfortunately means that under current restrictions we feel it is unable to operate as we would wish it to.

Our set dinners bring favourite dishes from the Table to your home. Just follow the instructions to create a genuine Tanglewood experience at home. The set dinner includes all ingredients (most fully prepared), aperitif nuts and sliced Tanglewood Loaf. Just choose which starter and main from the choices below. All boxed and delivered. **Available Tuesday to Friday only. Requires 48hrs notice. £27.50pp for 2 courses. Add a pudding from our list...**

Starters

- ✱ IOS Tegen Mor Crabcakes, Saffron Hollandaise, Rocket
- ✱ Cornish Scallops, Pea Puree, Chorizo Crisps, Micro Coriander
- ✱ Beef & Pork Meatballs, Moroccan Rice, Cumin Yoghurt
- ✱ Heritage Tomato, Basil & Burrata Salad (v)

Mains

- ✱ Fillet of Cornish Beef, Truffle Mash, Wild Mushroom Cream, Seasonal Vegetables
- ✱ Market Fish Fillet (eg Hake, John Dory, Seabass), Lemon & Caper Butter, Brown Shrimp, Gnocchi, Seasonal Vegetables
- ✱ ½ Lobster Thermidor, Baby Potatoes, Seasonal Salad
- ✱ Butternut Squash & Goats Cheese Stew, Rocket & Cous-cous Salad (v)

In Store & Delivery

Gourmet Food Boxes – available for collection in store daily, except Sunday/Monday, orders must be placed at least 24hours in advance. Tuesday to Friday only.

A range of ready to eat meals in a box with a selection of sides that can added. Perfect for lunch, a picnic or dinner. Each box is themed as below and comes with dressed mixed leaves, garnish & artisan bread.

✱ ½ IOS Lobster	£20 (Thermidor available)
✱ Seafood	£18
✱ IOS Crab	£18
✱ Antipasti	£15
✱ Pesto Chicken	£12
✱ Vegetarian	£10
✱ Artisan Cheese	£12

Sides

✱ Selection of Olives	£4
✱ Hummus	£3
✱ Truffle Infused Mixed Nuts	£4
✱ Fiery Roast Smoky Almonds	£3
✱ Slice of Tanglewood Loaf	£2
✱ Balsamic Pickled Onions	£3

Add a dessert from the selection overleaf or other treats available in store

Enhance your chosen meal with a bottle of wine from our carefully chosen and personally 'tried and tested' collection. Please ask for our current list.



Curbside Delivery Feasts

Every Saturday we offer our alternative 'Feast' menu delivered hot ready to eat to your door.

A weekly changing 'themed' menu based on 6 dishes with an optional dessert and liqueur. No need to make any decisions you will enjoy some of every dish on the menu. (Sample menus on our website).

Our popular themes include Chinese, Indian, Moroccan, Italian, Middle Eastern & Greek.

Please check our website or follow our Facebook Page/Instagram where we post the weekly menu on a Monday. All orders required by the Thursday afternoon – book early to avoid disappointment. Advance bookings taken.



Puddings

Seville Bread & Butter Pudding £4.00

A classic, but here we have used 'all butter' croissant & Seville marmalade, giving a luxurious twist.

Apple or Pear Tarte Tatin Serves 2 £6.50

A 5" classic apple or pear tart with puff pastry and rich caramel sauce.

Lemon, Coconut & Raspberry Meringue Roulade £4.00 Luxurious meringue rolled up with cream, lemon curd, coconut and fresh raspberries

