

**ITCHY**

# CORN WALL

the insider's guide

Eating Drinking Shopping Clubbing  
... & *Surfing*

Newquay  
Falmouth  
Penzance  
St Ives  
Truro

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Think you could do better than this?  
To be honest, we'd hope so.

We're always on the lookout for  
photographers, and looking at these  
abysmal efforts (no names...),  
it's easy to understand why.

Drop us a line at  
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suffers as superheros, take in the stunning  
view of the seafront, take in the knowledge  
you're at one of Newquay's most elegant and  
popular venues.

Mon-Sun 10.30am-late (food served

12am-4pm & 4pm-10pm)

Full food served with reasonably

£15.95. House wine £9.95

### Mexican Cantina Restaurant

38 Cliff Road (01637) 851700

¡Ay caramba! A little slice of 'Meheeco' on  
the streets of Newquay. We don't know how  
authentic it all is, but it's friendly, the food's  
good and the booze is affordable. So we're  
happy. Get stuck into the huge portions  
before waddling over to the bar to slam a

few tequilas or slurp your way through the  
cocktail menu. There are live bands and DJs  
in the summer – but thankfully no mariachi  
bands. Yet. Tequila worm optional.

**Summer: Mon-Sun 12pm-2pm & 5.30pm-**

**11pm, Winter: Mon-Sun 5.30pm-11pm**

**(bar open until 1am during summer)**

**Sizzling chicken fajitas £10.95, 2 pint mar-**  
**garita pitcher £13.95**

**Free take-away delivery service for orders**  
**over £12 within a 3-mile radius (except**  
**Jul-Aug)**



### Newquay Meadery

Marine Hill (01427) 879988

For those who find most times a meal often  
and need some entertainment along with  
their chips and peas, welcome to get into  
Cornish eating experience. With a gloriously  
well rounded theme, you wouldn't tell if  
you rolled up in a suit of armor and start  
ed smacking back the meal like it was going  
out of style (which technically it is, or has, or  
something). Possibly a little over-priced

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given the lack of cutting, but a damn sight cheaper than building a time machine or getting one of those re-enactment societies. And if it was good enough for the Vikings...

**Mon-Sun 6pm-10pm**

*Chicken and chips £7.95*

*1 litre mixed wine £9.95*



### The Shack Beach Bar & Café

52 Bank Street (01637) 875675

Hip young things serve up inexpensive – but appetising – food to line your stomach before a night on the hard stuff. The perfect place to see what that dude/dudette you've been watching on the beach looks like out of their wetsuit. Not that they're naked, we just meant what they look like in normal clothes. If you'd rather just soak up the surroundings, sit near the entrance, slip off your sandals, run your fingers over the beach hut-style planking and watch the town drift by on a hot summer's evening.

**Summer: Mon-Sun 10am-11pm, Winter:**

**Sun-Thu 10am-6pm & Fri-Sat 10am-11pm**

*Shack pasta £5.85, House wine £7.95*

### Ye Olde Dolphin Restaurant

39-45 Fore Street (01637) 874262

Ignore the name. This isn't a weird old coffee shop, Formica-clad chippy, or somewhere

serving up whale meat. Ok, it does have an 'olde' England interior, but the cuisine has been to the four corners and back, with dishes from Thailand, Italy, India and France, as well as some great fish and seafood. After you've stuffed yourself full of the finest Cornish produce, relax on the gentlemen's club-style leather sofas with a single malt, cognac, or something equally short and potent. Makes you feel all grown-up and decadent – in an upper middle class kind of way.

**Sun-Fri 6pm-10.30pm, Sat 6pm-11.30pm,**

**Sun 12pm-2pm**

*Monkfish with scallops £11.95,*

*House wine £9.95*

### Bars & Cafés

#### Belushi's

55 Fore Street (01637) 809111

If your idea of the perfect holiday is a week full of sleep and beer, soak yourself into Belushi's and leave all that cutting nonsense to the sports lot. A bar and a hotel in one.



## Recommended

## Fancy Food

- The Three Blackbird
- No. 22
- Bodene's
- Mavericks
- The Hut

## Restaurants

## Bodene's

36 Arwenack Street (01326) 210759

Generic French/English/Mediterranean fare in a deceptively large venue. It's all very modern and stylish, but if you're after an atmosphere book the cosy cavern downstairs. Set aside for functions and parties, you can take the lead from the faux-Roman mosaics and get stuck into the wine list without interruption from polyphonic ring-tones – the walls are practically impermeable to cellular signals. The young and attractive staff are willing to put up with a (reasonably) rowdy crowd, and will even stretch to sticking a few balloons on the wall if it's your birthday. The food ain't half bad either – when you get it – but at least the wait time suggests it's super fresh.

**Mon-Sun 6pm-late (restaurant licence till 12am)**

**Chargrilled sea bass £13.75,  
House wine £8.95**

## The Hut

2 Quay Street (01326) 318229

If you've been ignoring your other half of late – maybe you've been chasing the waves, instead of them – head for this intimate sub-

terranean restaurant for a cosy dinner or drink. As you savour your steppings, you won't be interrupted by the crashing waves or raucous holiday revelries, but you'll still feel right at home amidst the happy trails, beach-ball surroundings, back into the well-presented range of meat, fish, veggie, and veggie dishes – with starters hovering round the £5 mark, and mains for about £12, which will get you a few extra pence to splash out on something special from the wine menu. With that and the lovely Latin music, your back foot wine could be about to change.

**Mon-Sun 4pm-10pm (bar till 12am, from 3.30pm in summer)**

**Seafood night/late £9.95**

**7 One course house wine £11.95**

## Mavericks

3 Old Brewery Yard, High Street  
(01326) 212888

May rightly earned an A as one of a kind. After an evening at Mavericks a return visit will be inevitable. Actually, considering the time you'll stay, it'll be more like a night than an



feels more like a low budget fish eat. If it was there an Oscar nomination to the usually modest waitresses, and for the week a dazzling performance of authentic and classically presented Eastern cuisine.

Tue-Sun 7pm-11pm (open Mon during Aug)  
Tiger presents its curry sauce £7.95,  
House wine £8.95

## The Three Mackerel

Swanpool Beach (01326) 311886

As motorway service stations across the land have taught us: a good location can mask many a sin as far as food quality is concerned. So, a restaurant with a view of Swanpool beach and Falmouth Bay would suggest a menu of second-rate standards. The Three Mackerel however has more than one feather to its bow: yes, it's got the best spot in Falmouth, but also it has a menu of local seafood, reliable classics and tasty tapas. It may look like a nondescript surf shack from outside, but it masks a surprisingly polished contemporary interior. And the best bit? They haven't learnt to charge whacking great amounts for any of it yet.

**Mon-Sun 12pm-late (lunch menu 12pm-2.30pm, evening menu 6.30pm-9pm, w/e terrace menu 4pm-8pm)**

**Guinea fowl with new potatoes £13.95,  
House wine £9**



## Bars & Cafés

### Blue South

25 Arwack Street (01326) 212122



In these technological times, it's amazing what mundane objects and situations can induce fear. Did you know that a staggering amount of people are afraid of the humble toilet? They can't even say the word without wanting to heave, and can only buy clothes with Velcro or zips. It's true. Anyway, getting stuck in bar toilets can also induce anxiety - especially as the locks on some doors can be a bit iffy. Blue South may have a touchscreen toilet door or two, but they've beautifully decorated them with a montage of surf photos - so if you should get stuck at least you have something pretty to look at. The theme continues throughout the bar, and combined with the good music, friendly staff and a menu that caters to all tastes and budgets, it's an all round crowd-pleaser. It

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### The Globe Inn

22 Francis Street (01872) 272888



A favourite for Cornwall's up-and-coming young professionals, The Globe is rarely unoccupied, which means at Cornwall Head for a bit about the business topic, or to they're for too busy making millions to be drinking away the profits. Anyway, the elegant interior is a good example of the sophisticated style inside – you might just be inspired to order a Martini instead of your usual pint of Blackthorn. With music at a volume allowing you to speak, this is an ideal venue for catching up with friends and meeting as a restaurant, you can easily extend the afternoon into the evening.

Mon-Sat 11am-11pm, Sun 11am-10.30pm  
Food: Mon-Sat 12pm-9pm

### Recommended

#### Playing Pool

- The Globe
- Bantons Bar
- The Barley Sheaf
- William IV

### The Heron

1-2 Trenhaile Terrace, Malpas  
(01872) 272773

A good 45-minute walk from the centre of Truro, this pub is perfect for getting rid of that Sunday morning hangover. After a healthy dose of fresh air on the long stagger there, you'll feel you deserve yet another round of beverages along with the rather nice crab sandwiches and fabulous view of the river. On a summer's day you might even liven up and decide to cruise to Falmouth on the ferry. You can catch it from the jetty just down the hill on a low tide.

Mon-Sat 11am-4pm & 6pm-11pm,  
Sun 12pm-4pm & 7pm-10.30pm  
Food: Mon-Sat 12pm-2pm & 6.30pm-9pm,  
Sun 12pm-2pm & 7pm-9pm

### The Old Ale House

7 Quay Street (01872) 271122



The old lady from Pellaigost may not be dead by the floor chattering, this house is "dead" but the spirits have truly left the oak beamed building. With just beers and ales on offer (but one hell of a collection), immerse yourself into the daily 10 beers and enjoy as the lady at the bar blows the head off her Cornish knockers. The atmosphere is



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- Peachy beaches

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