



OUR PRODUCERS, SUPPLIERS AND OTHER RESTAURANT LOCATIONS

Working with Fish for Thought a local Fish supplier, and also our own Day boat "The Emperor" that delivers right to the shore at Polkerris, we have access to the freshest and most diverse morning catch of the day in the whole of Cornwall. This means our specials change daily.

We pride ourselves on using local produce, supporting local businesses whether that be Cornish fish, shellfish, meat or vegetables.

Lots of our shellfish comes direct from St Austell Bay in front of the restaurant. It doesn't get fresher than that!

We also have our own Herd of Beef. They are grass fed only 5 miles from here on the Lanhydrock Estate.

We believe in supporting local producers and companies, all these small things are helping us reduce our carbon footprint by sourcing as much as we can locally.

SAM'S OTHER CORNISH LOCATIONS

SAM'S IN FOWEY - EST 1988. Cocktail Lounge, dining restaurant and terrace. Seafood, Steaks, Burgers, Salads and Vegetarian. Open all day, everyday all year. @samscornwall
01726 832273

SAM'S IN THE CITY, TRURO . - City dining next to the cathedral and close to the Hall for Cornwall Theatre. Fish, Shellfish, Burger's, Steaks, Salads, Vegan and Vegetarian. Pre and Post theatre menus and events catered for.
Cocktail lounge 01872 228187 @samsinthecitytruro

SAM'S VINTAGE AMERICAN DINER, PAR - Street food, Takeaway and fast Food Dining. Shakes, Burgers, Pizza, Wings, Breakfasts.
Kids Menu, parties. 01726 816200. Next to Par Market. PL25 3RP
@samsdinerpar