

GLUTEN-AVOIDING LUNCH MENU

Whilst we strive to ensure that all ingredients used within the dishes on this menu are gluten free, dishes are made in an environment which does contain gluten and therefore we cannot guarantee the complete absence of gluten within this menu.

HAND-PICKED CORNISH CRAB SANDWICH bound in a lemon mayonnaise on gluten-free bread, brown crab mayonnaise, fries.	15.0
QUICKE'S MATURE CHEDDAR CHEESE & CHUTNEY SANDWICH gluten-free bread, caramelised red onion chutney, crisps. <i>v</i>	7.5
BETROOT FALAFEL GLUTEN-FREE WRAP carrot tapenade, gem lettuce, crisps. <i>vg</i>	7.5
GRILLED PESTO CHICKEN GLUTEN-FREE WRAP gem lettuce, crisps.	8.0
SMALL COD & CHIPS Atlantic cod in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce and lemon.	9.0
SMALL VEGAN 'COD' & CHIPS instead of cod, we coat banana blossom in a St Austell Ale & seaweed batter with crushed minted peas, vegan tartare sauce and lemon. <i>vg</i>	9.0
STEAK FRITES 5oz minute steak cooked pink or well-done, garlic & chive butter, sweet drop pepper & rocket salad, fries.	10.5
CHICKEN & TARRAGON PIE mashed potato, tenderstem broccoli, caramelised red onion gravy.	9.5
MUSHROOM STROGANOFF Pan-fried chestnut mushrooms, classic stroganoff sauce, basmati rice. <i>vg</i>	9.0
4OZ BURGER gluten-free bun, our own burger sauce, gem lettuce, pickled red onion, fries. +Add extra toppings for 1.5 each: Smoked Streaky Bacon / Monterey Jack Cheese / Vegan Cheese <i>vg</i> / Chorizo & Sweet Chilli Jam	8.5

v - vegetarian · vg - vegan