

# GLUTEN-AVOIDING LUNCH MENU

*While we strive to ensure that all ingredients used for this menu are gluten-free, the dishes are made in an environment which contains gluten, so we can't guarantee the complete absence of gluten.*

## *light lunch*

**4OZ WEST COUNTRY BEEF BURGER** gluten-free bun, our own burger sauce, gem lettuce, pickled red onion, and fries. (996 kcal) **9.5**

*Add extra toppings for 1.5 each:*

*Smoked Streaky Bacon (169 kcal) / Monterey Jack Cheese v (74 kcal)*

*Vegan Cheese vg (61 kcal) / Chorizo & Sweet Chilli Jam (63 kcal)*

**LENTIL BURGER** gluten-free bun, salsa, pickled red onion, baby gem lettuce, and fries. *vg (1250 kcal)* **9.5**

**MOULES FRITES** steamed local mussels cooked in a Cornish Rattler cider, leek & cream sauce. Served with fries. (1024 kcal) **10.0**

**SMALL FISH & CHIPS** coated in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce, and lemon. (1266 kcal) **10.0**

**SMALL BANANA BLOSSOM 'FISH' & CHIPS** instead of fish, we coat banana blossom in a St Austell Ale & seaweed batter with crushed minted peas and vegan tartare sauce. *vg (945 kcal)* **9.0**

**STEAK FRITES** 5oz minute steak cooked pink or well-done, with garlic & chive butter, sweet drop pepper & rocket salad, and fries. (675 kcal) **11.0**



*sandwiches - all served on gluten-free bread with crisps and dressed salad garnish.*

**ATLANTIC PRAWN & SEAFOOD SAUCE** Atlantic prawns coated in a classic seafood sauce on a bed of crisp iceberg lettuce. (615 kcal) **10.0**

**ST EWE EGG, TOMATO & CRESS** Cornish St Ewe egg mayo with mustard cress and sliced tomato. *v (818 kcal)* **7.5**

**WALDORF SALAD** mature Davidstow Cheddar with red grapes, celery, apples & toasted walnuts, wrapped in a blue cheese dressing. *v (633 kcal)* **8.0**

*Our allergen information is available on request. Please let your server know if you have any allergies or intolerances. We take steps to minimise the risk of cross-contamination when preparing your food, however, we do not have specific allergen-free zones in our kitchens. It is therefore not possible for us to guarantee separation of all allergens.*

*v - vegetarian · vg - vegan*

*adults need around 2000 kcal a day*