

# GLUTEN-AVOIDING 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.*

## *nibbles*

**PADRÓN PEPPERS** Cornish sea salt. *vg* (61 kcal) 4

**MARINATED MIXED OLIVES** In a citrus & thyme marinade. *vg* (82 kcal) 4

**CHORIZO BITES** Oven-roasted and served warm. (415 kcal) 5.5

## *starters*

**CHICKEN, APRICOT & TARRAGON TERRINE** Beetroot & red wine relish, and gluten-free toast. (340 kcal) 9

**BASIL & TOASTED PINE NUT GNOCCHI** Warm gnocchi wrapped in basil pesto. Served with red amaranth and toasted pine nuts. *vg* (509 kcal) 8

**SEASONAL SOUP** Gluten-free roll and Cornish butter. *v, vg option* 7.5

**PAN-SEARED SOUTH WEST SCALLOPS** Served on cauliflower purée, with pan-roasted cauliflower, shallot rings, and curry oil. (195 kcal) 13.5

## *mains*

**MARKET FISH** Please ask for today's catch. 20

**OVEN-ROASTED BALLOTINE OF CHICKEN** Prosciutto-wrapped chicken breast stuffed with mushrooms & mozzarella. Served with crispy polenta cake, wilted kale, and a wild mushroom sauce. (735 kcal) 17

## *pub classics*

**FISH & CHIPS** Ask for our latest catch. Coated in a St Austell Brewery ale & seaweed batter, with crushed minted peas, tartare sauce, lemon, and triple-cooked chips. (973 kcal) 17

*25p from every portion of Fish & Chips sold is donated to the St Austell Brewery Charitable Trust.*

**BANANA BLOSSOM 'FISH' & CHIPS** We coat banana blossom in a St Austell Brewery ale batter. Served with crushed minted peas, vegan tartare sauce, lemon, and triple-cooked chips. *vg* (1117 kcal) 15

**FISH PIE** Monkfish, smoked haddock, tiger prawns, and Atlantic prawns, wrapped in a lobster-infused sauce topped with cheese mashed potato. Served with fine green beans and roasted carrots. (432 kcal) 19

**WEST COUNTRY 8OZ SIRLOIN STEAK** Garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, rocket salad, and triple-cooked chips. (798 kcal) 27

+ *Shell-on black tiger prawns in garlic & chive butter* 5 (301 kcal) / + *Peppercorn sauce* 3.5 (56 kcal) / + *Wild mushroom & tarragon sauce* v 3.5 (48 kcal)

**LOCALLY SOURCED MUSSELS** Steamed in a Rattler cider, leek & cream sauce. Served with a gluten-free roll and fries. (1640 kcal) 19

**6OZ WEST COUNTRY BEEF BURGER** In a gluten-free bun with our own burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled red onion, gem lettuce, chorizo & sweet chilli jam, and fries. (1483 kcal) 17

*sides*

**TRIPLE-COOKED CHIPS** *vg* (322 kcal) **4.25**

**FRIES** *vg* (290 kcal) **3.75**

**MASHED POTATO** Chives and red wine jus. *vg* (203 kcal) **4.5**

**ROASTED WINTER VEGETABLES** Kale, baby turnips, carrot, candy beetroot, and golden beetroot. *vg* (115 kcal) **4.5**

**DRESSED SIDE SALAD** French dressing, cucumber, tomato, and red onion. *vg* (43 kcal) **3.75**

*desserts*

**LEMON CURD BRÛLÉE TART** Zesty lemon curd and blackberries in a shortcrust pastry tart with a brûléed top. Served with rosemary & blackberry compote and Cornish clotted cream. *v* (626 kcal) **8.5**

**FRUIT & NUT FLAPJACK** Dried cranberries, pistachio nuts, hazelnuts, pitted apricots, raspberries, and golden raisins, with a vegan Belgian chocolate sauce and vegan raspberry ripple ice cream. *vg* (983 kcal) **8.5**

**CORNISH ICE CREAM & SORBETS** *per scoop* **2.5**

vanilla *v* (135 kcal per scoop) / chocolate *v* (177 kcal per scoop) / strawberry *v* (160 kcal per scoop) / banana *v* (191 kcal per scoop)  
salted caramel *v* (193 kcal per scoop) / vegan raspberry ripple *vg* (106 kcal per scoop) / raspberry sorbet *vg* (112 kcal per scoop)

*light lunch*

**SMALL FISH & CHIPS** Coated in a St Austell Brewery ale & seaweed batter, with crushed minted peas, tartare sauce, and lemon. (743 kcal) **10**

**SMALL BANANA BLOSSOM 'FISH' & CHIPS** Banana blossom coated in a St Austell Brewery ale batter. Served with crushed minted peas, vegan tartare sauce, and lemon. *vg* (918 kcal) **9**

**MOULES FRITES** Local mussels steamed in a Cornish Rattler cider, leek & cream sauce. Served with fries. (910 kcal) **10**

**4OZ WEST COUNTRY BEEF BURGER** Gluten-free bun, our own burger sauce, gem lettuce, pickled red onion, and fries. (910 kcal) **10**

**Pair with the clean and crisp, thirst-quenching notes of korev lager.**

**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)

*gluten-free rolls - all served with Burts salted crisps and dressed salad garnish.*

**ATLANTIC PRAWN & CLASSIC COCKTAIL SAUCE** Atlantic prawns coated in a classic cocktail sauce on a bed of crisp gem lettuce and sliced tomato. (675 kcal) **10**

**CORONATION CHICKEN** Chicken breast wrapped in our coronation mayo with lime & coriander, tomato, and crispy lettuce. (672 kcal) **9**

**MATURE CHEDDAR & TOMATO CHUTNEY** Mature Davidstow Cheddar cheese, tomato and lettuce, with tomato chutney. *v* (761 kcal) **8**

***We have a separate menu available for guests looking to avoid gluten, please ask us.***

*Our allergen information is available on request. Please let us 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.*