

LUNCH MENU

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**

Pair with Tribute, our light and zesty, easy-drinking pale ale.

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**

STEAK FRITES 5oz minute steak cooked pink or well-done, with garlic & chive butter, sweet drop pepper & rocket salad, and fries. (691 kcal) **11**

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

VENISON SAUSAGE AND MASH Three venison sausages with roasted garlic & horseradish mash, parsnip crisps, and a caramelised red onion gravy. (521 kcal) **11**

CROQUE MONSIEUR Layered ham & cheese sandwich with a rich mature Cheddar cheese sauce. Served warm with fries and salad garnish. (1065 kcal) **10**

FALAFEL BURGER Glazed bun, salsa, pickled red onion, baby gem lettuce, and fries. *vg* (738 kcal) **9.5**

4OZ WEST COUNTRY BEEF BURGER Glazed 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)



sides

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

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

MASHED POTATO Crispy onions, chives, and red wine jus. *vg* (203 kcal) **4.5**

GARLIC CIABATTA *v* (404 kcal)
3.75

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**

CAESAR SALAD Rosemary focaccia croutons and a parmesan crisp. *v*
(296 kcal) **4.5**

v - vegetarian · *vg* - vegan

adults need around 2000 kcal a day

wraps - all served with Burts salted crisps and dressed salad garnish.

SOUTHERN FRIED CHICKEN WRAP American cheese slice, baby gem lettuce, and mayo. (548 kcal) **8**

BEETROOT FALAFEL WRAP Carrot tapenade and baby gem lettuce. *vg* (644 kcal) **7.5**

baguettes and sandwiches - 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**

VENISON SAUSAGE & RED ONION CHUTNEY Warm venison sausages, caramelised red onion chutney, and rocket. (766 kcal) **9**



CREAM TEA FOR ONE Indulge in an afternoon treat with two warm scones, Cornish clotted cream, strawberry jam, and a pot of tea. *v* (800 kcal) **8**

Upgrade to a 20cl bottle of Prosecco + 6

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.

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