

MAIN MENU

nibbles

A SELECTION OF WARM MINI SODA BREADS With whipped rosemary & sea salt butter. *v* (546 kcal) **5**

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

SALT & PEPPER SQUID Sweet chilli, lime & coriander mayo, and lemon. (358 kcal) **8**

TWICE BAKED GOATS' CHEESE SOUFFLÉ Served on a rich Davidstow mature Cheddar cheese & mustard sauce, with caramelised red onion chutney, chives, and parsley oil. *v* (378 kcal) **8**

CHICKEN, APRICOT & TARRAGON TERRINE Beetroot & red wine relish, and crostini toasts. (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 Warm baguette 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**

absorbe

mains

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

LAMB SHANK Served on pearl barley, smoked bacon, silverskin onion & rosemary in a red wine & rosemary sauce. With sautéed chestnut mushrooms & kale. (1245 kcal) **26**

TORCHED GOATS' CHEESE SALAD Warm goats' cheese, roasted beets, pearl barley, mixed leaves dressed in a horseradish vinaigrette, with balsamic glaze & pistachio nuts. *v* (440 kcal) **14.5**

PUMPKIN & SAGE RAVIOLI Brown butter, capers, sage, rocket, and grated parmesan. *v* (728 kcal) **12.5**

ROASTED CELERIAC Herb scone, pearl barley & leek, kale, horseradish & cashew cream, parsnip crisps, and a rich vegetable jus. *vg* (651 kcal) **14**

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**

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

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)

+ *Blue cheese sauce* v 3.5 (148 kcal) / + *Wild mushroom & tarragon sauce* v 3.5 (48 kcal)

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

6OZ WEST COUNTRY BEEF BURGER In a glazed 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**

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

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**

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 Croutons and a parmesan crisp. *v (296 kcal)* **4.5**

GARLIC CIABATTA *v (404 kcal)* **3.75**



desserts

STICKY TOFFEE PUDDING Banana ice cream, gingernut crumb, and toffee sauce. *v (747 kcal)* **8.5**

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**

BLACK FOREST TRIFLE Kirsch-infused chocolate brownie, griottine cherries, cherry compote, and crème anglaise with a Chantilly cream & chocolate crumb topping. *v (886 kcal)* **8.5**

CHOCOLATE BROWNIE Warm brownie served with spiced red wine poached pear, Cornish clotted cream, and crushed meringue. *v (737 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)

WEST COUNTRY CHEESEBOARD Selection of three West Country cheeses served with crackers, spiced green tomato & apple chutney, grapes, and celery. Please ask for today's selection. *v (949 kcal)* **10**

Pair with the mellow, soft Merlot, La Borie – overflowing with juicy red fruits and subtle notes of spice.

coffee

ESPRESSO **2.25** (37 kcal)

DOUBLE ESPRESSO **2.65** (38 kcal)

MACCHIATO **2.90** (42 kcal)

AMERICANO **2.75** (74 kcal)

CAPPUCCINO **3.30** (217 kcal)

LATTE **3.30** (210 kcal)

FLAT WHITE **3.30** (151 kcal)

MOCHA **3.65** (188 kcal)

ICED COFFEE **3.30** (210 kcal)

tea

HERBAL/FRUIT INFUSION **3.25** (36 kcal)

POT OF TEA **2.65** (72 kcal)

hot chocolate

HOT CHOCOLATE **3.65** (209 kcal)

DELUXE HOT CHOCOLATE **4.05** (225 kcal)

All served with a chocolate chip biscotti.

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.