

SUNDAY LUNCH

GLUTEN AVOIDING

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 bread roll and Cornish butter. *v, vg option* **7.5**



sunday roast

All roasts are served with rosemary & sea salted roasted potatoes parsnip, seasonal vegetables and a rich gravy.

APRICOT & CHESTNUT ROAST A rich blend of apricots, chestnuts, mixed nuts, herbs, and vegetables. Slowly oven roasted. (757 kcal) **15**

WEST COUNTRY BEEF Tender roasted topside of West Country beef, served pink. (915 kcal) **17**

SLOW-BRAISED LEG OF LAMB Low and slow-braised leg of West Country lamb. (712 kcal) **18**

ROAST TURKEY Oven roasted, boned, and rolled British sliced turkey breast. (941 kcal) **15**

EXTRAS

Side of rosemary & sea salt roast potatoes (310 kcal) **3.5**

adults need around 2,000 kcal a day

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. Served with crushed minted peas, vegan tartare sauce, lemon, and triple cooked chips. *vg* (1117 kcal) **15**

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

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**

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)

adults need around 2,000 kcal a day