

# 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) **11**

**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) **10**

**STEAK FRITES** 5oz minute steak cooked pink or well-done, with garlic & chive butter, sweet drop pepper & rocket salad, and fries. (691 kcal) **12**

**MOULES FRITES** Local mussels steamed in a Cornish Rattler cider, leek & cream sauce. Served with fries. (910 kcal) **11**

**VENISON SAUSAGE AND MASH** Three venison sausages with roasted garlic & horseradish mash, parsnip crisps, and a caramelised red onion gravy. (521 kcal) **12**

**CROQUE MONSIEUR** Layered ham & cheese sandwich with a rich mature Cheddar cheese sauce. Served warm with fries and salad garnish. (1065 kcal) **10.5**

**FALAFEL BURGER** Glazed bun, salsa, pickled red onion, baby gem lettuce, and fries. *vg* (738 kcal) **10**

**4OZ WEST COUNTRY BEEF BURGER** Glazed bun, our own burger sauce, gem lettuce, pickled red onion, and fries. (910 kcal) **10.5**

**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) **4.5**

**FRIES** *vg* (290 kcal) **4**

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

**GARLIC CIABATTA** *v* (404 kcal) **4**

## **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) **4**

**CAESAR SALAD** Rosemary focaccia croutons and a parmesan crisp. *v*  
(296 kcal) **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) **9**

**BEETROOT FALAFEL WRAP** Carrot tapenade and baby gem lettuce. *vg* (644 kcal) **8.5**

*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) **11**

**CORONATION CHICKEN** Chicken breast wrapped in our coronation mayo with lime & coriander, tomato, and crispy lettuce. (672 kcal) **10**

**MATURE CHEDDAR & TOMATO CHUTNEY** Mature Davidstow Cheddar cheese, tomato and lettuce, with tomato chutney. *v* (761 kcal) **9**

**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) **8.5**

***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.*

*v - vegetarian · vg - vegan*

*adults need around 2000 kcal a day*