

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) **4.5**

MARINATED MIXED OLIVES In a citrus & thyme marinade. *vg* (82 kcal) **4.5**

CHORIZO BITES Oven-roasted and served warm. (415 kcal) **6.0**

starters

CHICKEN, APRICOT & TARRAGON TERRINE Beetroot & red wine relish, and gluten-free toast. (340 kcal) **9.5**

BASIL & TOASTED PINE NUT GNOCCHI Warm gnocchi wrapped in basil pesto. Served with red amaranth and toasted pine nuts. *vg* (509 kcal) **8.5**

SEASONAL SOUP Gluten-free roll and Cornish butter. *v, vg option* **8.0**

PAN-SEARED SOUTH WEST SCALLOPS Served on cauliflower purée, with pan-roasted cauliflower, shallot rings, and curry oil. (195 kcal) **14.5**

mains

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

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) **18**

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) **18**

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) **16**

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) **20**

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* 5.5 (301 kcal) / + *Peppercorn sauce* 3.75 (56 kcal) / + *Wild mushroom & tarragon sauce* v 3.75 (48 kcal)

LOCALLY SOURCED MUSSELS Steamed in a Rattler cider, leek & cream sauce. Served with a gluten-free roll and fries. (1640 kcal) **20.5**

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) **18.5**

sides

TRIPLE-COOKED CHIPS *vg* (322 kcal) **4.5**

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

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) **4**

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) **9**

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) **9**

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) **11**

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**

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

4OZ WEST COUNTRY BEEF BURGER Gluten-free 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)

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) **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**

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.