

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

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| MARINATED MIXED OLIVES <i>vg (53 kcal)</i> | 4.0 |
| CHORIZO BITES <i>(474 kcal)</i> | 5.5 |
| PADRÓN PEPPERS <i>vg (61 kcal)</i> | 4.0 |

SHARERS

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| BAKED CAMEMBERT <i>v</i> | 17.0 |
| Studded with garlic and rosemary, spicy tomato chutney, caramelised red onion chutney, with gluten-free toast and gluten-free bread roll. <i>(1353 kcal, 677 kcal per serving)</i> | |

MAINS

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| MEDITERRANEAN CHICKEN | 15.0 |
| Seared butterflied chicken breast topped with basil pesto, sun-dried tomatoes, and buffalo mozzarella. Served with Cornish new potatoes and dressed salad. <i>(783 kcal)</i> | |
| MARKET FISH | 18.0 |
| Please ask for today's catch. | |
| LOCALLY SOURCED STEAMED MUSSELS | 17.0 |
| Cooked in a Rattler cider, leek & cream sauce. Served with a gluten-free roll and fries. <i>(1644 kcal)</i> | |
| MALAYSIAN LAKSA <i>vg</i> | 13.0 |
| Red peppers, mangetout, spinach & cauliflower florets, with fresh chillies. Cooked in a spicy coconut curry broth with rice noodles, topped with fresh coriander and crispy noodles. <i>(584 kcal)</i> | |
| With pan-seared sliced chicken breast <i>(828 kcal)</i> | 16.0 |
| With butterflied black tiger prawns <i>(533 kcal)</i> | 16.0 |
| WALDORF SALAD <i>v</i> | 12.0 |
| Mature Davidstow Cheddar with red grapes, celery, apples & toasted walnuts, wrapped in a blue cheese dressing. Served with gem lettuce leaves. <i>(545 kcal)</i> | |

STARTERS

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| SEASONAL SOUP | 7.0 |
| Gluten-free roll and Cornish butter. | |
| GOAT'S CHEESE PARFAIT <i>v</i> | 7.5 |
| Herb & honey infused goat's cheese with sun-dried tomatoes rolled in a pistachio crumb. Served with a beetroot & horseradish relish and gluten-free toast. <i>(373 kcal)</i> | |
| CHICKEN & APRICOT TERRINE | 8.5 |
| Pressed chicken & apricot terrine served with a pineapple & chilli relish and gluten-free toast. <i>(347 kcal)</i> | |
| BASIL & TOASTED PINENUT GNOCCHI <i>vg</i> | 8.0 |
| Warm gnocchi wrapped in basil pesto. Served with red amaranth and toasted pine nuts. <i>(319 kcal)</i> | |
| BUTTERFLIED ASIAN STYLE PRAWNS | 9.0 |
| Pan-seared butterflied black tiger prawns with oriental salad, chilli & lime dressing, coriander, chillies, lime, and toasted peanuts. <i>(275 kcal)</i> | |

PUB CLASSICS

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| 6OZ WEST COUNTRY BEEF BURGER | 15.0 |
| 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. <i>(1629 kcal)</i> | |
| WEST COUNTRY 8OZ SIRLOIN STEAK | 26.0 |
| Garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, rocket & sweet drop pepper salad, and chips. <i>(947 kcal)</i> | |
| + Shell-on black tiger prawns in garlic & chive butter <i>(118 kcal)</i> | 5.0 |
| + Peppercorn sauce <i>(56 kcal)</i> | 3.0 |
| FISH & CHIPS | 16.0 |
| Coated in a St Austell Ale & seaweed batter with garden or mushy peas, tartare sauce, and lemon. <i>(1671 kcal)</i> | |
| <i>25p from every portion of Fish & Chips sold is donated to the St Austell Brewery Charitable Trust, the beneficiaries in 2022 will be the Marine Conservation Society & the Air Ambulance.</i> | |
| BANANA BLOSSOM 'FISH' & CHIPS <i>vg</i> | 14.0 |
| Instead of fish, we coat banana blossom in a St Austell Ale & seaweed batter with garden or mushy peas, vegan tartare sauce, and lemon. <i>(1220 kcal)</i> | |

SIDES

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| CHIPS <i>vg (566 kcal)</i> | 3.75 | LETTUCE WEDGE <i>v</i> | 3.5 |
| | | Blue cheese sauce. <i>(225 kcal)</i> | |
| CHEESY CHIPS <i>v (774 kcal)</i> | 4.5 | SUMMER GREENS <i>vg</i> | 4.0 |
| | | Mangetout, sugar snaps, kale, and fine beans lightly coated in warm garlic oil. <i>(74 kcal)</i> | |
| FRIES <i>vg (404 kcal)</i> | 3.75 | | |
| DRESSED SIDE SALAD <i>vg (68 kcal)</i> | 3.75 | | |
| APPLE & CELERIAC REMOULADE <i>v (129 kcal)</i> | 3.75 | | |



DESSERTS

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| TRIPLE CHOCOLATE BROWNIE <i>v</i> | 7.0 |
| Warm brownie served with berries, black cherry compote, crushed meringue, and Cornish clotted cream. <i>(568 kcal)</i> | |
| LEMON CURD BRÛLÉE TART <i>v</i> | 7.0 |
| Zesty lemon curd in a shortcrust pastry tart with a brûléed top. Served with Cornish clotted cream, raspberry coulis, and berry garnish. <i>(469 kcal)</i> | |
| WARM FRUIT & NUT FLAPJACK <i>vg</i> | 7.0 |
| Rich dark chocolate sauce with raspberry ripple ice cream. <i>(842 kcal)</i> | |
| CORNISH ICE CREAM & SORBETS | 2.5 |
| PER SCOOP | |
| Vanilla <i>v (135 kcal per scoop)</i> | |
| Chocolate <i>v (177 kcal per scoop)</i> | |
| Strawberry <i>v (160 kcal per scoop)</i> | |
| Salted caramel <i>v (193 kcal per scoop)</i> | |
| Banana <i>v (191 kcal per scoop)</i> | |
| Vegan raspberry ripple <i>vg (106 kcal per scoop)</i> | |
| Raspberry sorbet <i>vg (112 kcal per scoop)</i> | |

HOT DRINKS

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| ESPRESSO <i>(1 kcal)</i> | 2.35 |
| DOUBLE ESPRESSO <i>(2 kcal)</i> | 2.85 |
| MACCHIATO <i>(6 kcal)</i> | 2.50 |
| AMERICANO <i>(34 kcal)</i> | 2.35 |
| CAPPUCCINO <i>(157 kcal)</i> | 2.90 |
| LATTE <i>(151 kcal)</i> | 2.90 |
| FLAT WHITE <i>(100 kcal)</i> | 3.15 |
| MOCHA <i>(279 kcal)</i> | 3.05 |
| ICE COFFEE <i>(151 kcal)</i> | 2.35 |
| POT OF TEA <i>(32 kcal)</i> | 2.25 |
| HERBAL OR FRUIT INFUSION <i>(0 kcal)</i> | 2.85 |
| HOT CHOCOLATE <i>(297 kcal)</i> | 3.25 |
| DELUXE HOT CHOCOLATE <i>(417 kcal)</i> | 3.65 |

Our allergen information is available on request. Please let your server 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.