

# MAIN MENU

## nibbles

<b>ROSEMARY &amp; SEA SALT FOCACCIA</b> <i>vg (363 kcal)</i>	<b>4.0</b>	<b>CHORIZO BITES</b> <i>(474 kcal)</i>	<b>5.5</b>
<b>MARINATED MIXED OLIVES</b> <i>vg (53 kcal)</i>	<b>4.0</b>	<b>PADRÓN PEPPERS</b> Cornish sea salt. <i>vg (61 kcal)</i>	<b>4.0</b>

## starters

<b>SEASONAL SOUP</b> warm artisan baguette and Cornish butter. <i>v, vg option</i>	<b>7.5</b>
<b>PAN SEARED SOUTH WEST SCALLOPS</b> pan-seared scallops with an oriental salad, chilli & lime dressing, coriander, chillies, lime, and toasted peanuts. <i>(253 kcal)</i>	<b>11.0</b>
<b>SALT &amp; PEPPER SQUID</b> served with a sweet chilli, lime & coriander mayo, and lemon wedge. <i>(339 kcal)</i>	<b>8.0</b>
<b>CONFIT DUCK RILLETTES</b> shredded confit duck leg served with a chilli & pineapple chutney and crostini toasts. <i>(481 kcal)</i>	<b>9.0</b>
<b>BASIL &amp; TOASTED PINENUT GNOCCHI</b> warm gnocchi wrapped in basil pesto. Served with red amaranth and toasted pine nuts. <i>vg (319 kcal)</i>	<b>8.0</b>
<b>GOAT'S CHEESE PARFAIT</b> herb & honey infused goat's cheese with sun-dried tomatoes, rolled in a pistachio crumb. Served with a beetroot & horseradish relish and crostini toasts. <i>v (373 kcal)</i>	<b>8.5</b>

## salads

## mains

<b>MARKET FISH</b> please ask for today's catch.	<b>20.0</b>
<b>FENNEL SEED ROASTED SUMMER SQUASH</b> fennel seed roasted summer squash with lightly spiced Puy lentils and an avocado & basil purée. <i>vg (450 kcal)</i>	<b>12.0</b>
<b>OVEN ROASTED BALLOTINE OF CHICKEN</b> prosciutto-wrapped chicken breast stuffed with mushrooms & garlic butter. Served with a roasted polenta cake, fine beans, and a mushroom and sun-dried tomato butter sauce. <i>(835 kcal)</i>	<b>17.0</b>
<b>TORCHED MACKEREL SALAD</b> crispy torched mackerel fillets with a citrus pea shoot & rocket salad. Served with a lime & caramel dressing, edible flowers, and Cornish sea salt. <i>(845 kcal)</i> <b>Pair with the crisp citrus, pineapple, and grapefruit notes of Proper Job IPA</b>	<b>14.5</b>
<b>ROASTED LAMB RUMP</b> pan-seared and oven-roasted lamb rump with braised faggot, pea risotto, and broad beans. Served with a rich lamb sauce. <i>(1557 kcal)</i>	<b>26.5</b>
<b>RAINBOW CHARD &amp; OLIVE RIGATONI</b> wilted rainbow chard, olives, sun-dried tomatoes, and Italian rigatoni coated in basil pesto. Finished with a plant-based parmesan cheese. <i>vg (444 kcal)</i>	<b>12.0</b>

## pub classics

<b>6OZ WEST COUNTRY BEEF BURGER</b> 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. <i>(1629 kcal)</i> <b>Pair with the clean and crisp, thirst-quenching notes of korev lager.</b>	<b>17.0</b>
<b>WEST COUNTRY 8OZ SIRLOIN STEAK</b> garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, rocket & Cornish Gouda salad, and chips. <i>(947 kcal)</i> <b>+ Shell-On Black Tiger Prawns in Garlic &amp; Chive Butter 5.0 (118 kcal) / + Peppercorn Sauce 3.5 (56 kcal)</b>	<b>27.0</b>
<b>FISH &amp; CHIPS</b> coated in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce, and lemon. <i>(1671 kcal)</i> <b>Pair with Tribute, our light and zesty, easy-drinking pale ale.</b>	<b>17.0</b>
<i>25p from every portion of Fish &amp; Chips sold is donated to the St Austell Brewery Charitable Trust, the beneficiaries in 2022 will be the Marine Conservation Society &amp; the Air Ambulance.</i>	
<b>BANANA BLOSSOM 'FISH' &amp; CHIPS</b> Instead of fish, we coat banana blossom in a St Austell Ale & seaweed batter with crushed minted peas, vegan tartare sauce, and lemon. <i>vg (1220 kcal)</i>	<b>15.0</b>
<b>LOCALLY SOURCED STEAMED MUSSELS</b> cooked in a Cornish Rattler cider, leek & cream sauce, with an artisan baguette and fries. <i>(1644 kcal)</i>	<b>19.5</b>
<b>CHEF'S PIE</b> ask your server for today's choice.	<b>17.0</b>

sides

<b>CHIPS</b> <i>vg (566 kcal)</i>	<b>3.75</b>
<b>FRIES</b> <i>vg (404 kcal)</i>	<b>3.75</b>
<b>GARLIC BAGUETTE</b> <i>v (204 kcal)</i>	<b>3.75</b>
<b>DRESSED SIDE SALAD</b> <i>vg (68 kcal)</i>	<b>3.75</b>
<b>APPLE &amp; CELERIAC REMOULADE</b> <i>(129 kcal)</i>	<b>3.75</b>
<b>SUMMER GREENS</b> mangetout, sugar snaps, kale, and fine beans lightly coated in warm garlic oil. <i>vg (74 kcal)</i>	<b>4.5</b>
<b>CAESAR SALAD</b> <i>v (125 kcal)</i>	<b>4.5</b>
<b>WARM BAGUETTE WITH WHIPPED MARMITE BUTTER</b> <i>v (531 kcal)</i>	<b>5.0</b>



desserts

<b>STICKY TOFFEE PUDDING</b> banana ice cream, gingernut crumb, and toffee sauce. <i>v (1211 kcal)</i>	<b>8.5</b>
<b>DARK CHOCOLATE MOUSSE</b> rich dark chocolate mousse garnished with berries and crushed Cornish fairings. <i>v (306 kcal)</i>	<b>8.5</b>
<b>LEMON CURD BRÛLÉE TART</b> zesty lemon curd in a shortcrust pastry tart with a brûléed top. Served with Cornish clotted cream, raspberry coulis, and berry garnish. <i>v (469 kcal)</i>	<b>8.5</b>
<b>TROPICAL TRIFLE</b> pomegranate molasses and rum infused sponge, pineapple, passion fruit & mango compote, crème anglaise, with a coconut cream cheese topping and a pistachio crumb. <i>(487 kcal)</i>	<b>8.5</b>
<b>FRUIT &amp; NUT FLAPJACK</b> warm fruit & nut laced flapjack with a rich dark chocolate sauce and raspberry ripple ice cream. <i>vg (842 kcal)</i>	<b>8.5</b>
<b>CORNISH ICE CREAM &amp; SORBETS</b> <i>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)</i>	<i>per scoop</i> <b>2.5</b>
<b>WEST COUNTRY CHEESEBOARD</b> Selection of three West Country cheeses served with crackers, spiced tomato chutney, grapes, and celery. Please ask your server for details. <i>(915 kcal)</i>	<b>10.0</b>

coffee

<b>ESPRESSO</b> <i>(37 kcal)</i>	<b>2.55</b>
<b>DOUBLE ESPRESSO</b> <i>(38 kcal)</i>	<b>3.05</b>
<b>MACCHIATO</b> <i>(42 kcal)</i>	<b>2.70</b>
<b>AMERICANO</b> <i>(69 kcal)</i>	<b>2.55</b>
<b>CAPPUCCINO</b> <i>(193 kcal)</i>	<b>3.10</b>
<b>LATTE</b> <i>(187 kcal)</i>	<b>3.10</b>
<b>FLAT WHITE</b> <i>(132 kcal)</i>	<b>3.35</b>
<b>MOCHA</b> <i>(315 kcal)</i>	<b>3.25</b>
<b>ICED COFFEE</b> <i>(187 kcal)</i>	<b>2.55</b>

tea

<b>HERBAL/FRUIT INFUSION</b> <i>(36 kcal)</i>	<b>3.05</b>
<b>POT OF TEA</b> <i>(67 kcal)</i>	<b>2.45</b>
<i>hot chocolate</i>	
<b>HOT CHOCOLATE</b> <i>(333 kcal)</i>	<b>3.45</b>
<b>DELUXE HOT CHOCOLATE</b> <i>(453 kcal)</i>	<b>3.85</b>

All of our hot drinks are served with a chocolate chip biscotti.

**We have a separate menu available for guests looking to avoid gluten, please ask your server.**

*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.*