

# 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*

<b>MARINATED MIXED OLIVES</b> <i>vg (53 kcal)</i>	<b>4.0</b>
<b>CHORIZO BITES</b> <i>(474 kcal)</i>	<b>5.5</b>
<b>PADRÓN PEPPERS</b> Cornish sea salt. <i>vg (61 kcal)</i>	<b>4.0</b>

## *starters*

<b>SEASONAL SOUP</b> warm gluten-free roll 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>CONFIT DUCK RILLETTES</b> shredded confit duck leg served with a chilli & pineapple chutney and gluten-free toast. <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 gluten-free toast. <i>v (373 kcal)</i>	<b>8.5</b>

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## *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>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>14.5</b>

## *pub classics*

<b>6OZ WEST COUNTRY BEEF BURGER</b> 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>	<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</b> <i>(118 kcal)</i> <b>+ Peppercorn Sauce 3.5</b> <i>(56 kcal)</i>	<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>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 a gluten-free roll and fries. <i>(1644 kcal)</i>	<b>19.5</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>DRESSED SIDE SALAD</b> <i>vg (68 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>



desserts

<b>DARK CHOCOLATE MOUSSE</b> rich dark chocolate mousse garnished with berries. <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>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>per scoop</i> <b>2.5</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>	

coffee

<b>ESPRESSO</b> <i>(1 kcal)</i>	<b>2.55</b>
<b>DOUBLE ESPRESSO</b> <i>(2 kcal)</i>	<b>3.05</b>
<b>MACCHIATO</b> <i>(6 kcal)</i>	<b>2.70</b>
<b>AMERICANO</b> <i>(34 kcal)</i>	<b>2.55</b>
<b>CAPPUCCINO</b> <i>(157 kcal)</i>	<b>3.10</b>
<b>LATTE</b> <i>(151 kcal)</i>	<b>3.10</b>
<b>FLAT WHITE</b> <i>(100 kcal)</i>	<b>3.35</b>
<b>MOCHA</b> <i>(279 kcal)</i>	<b>3.25</b>
<b>ICED COFFEE</b> <i>(151 kcal)</i>	<b>2.55</b>

tea

<b>HERBAL OR FRUIT INFUSION</b> <i>(0 kcal)</i>	<b>3.05</b>
<b>POT OF TEA</b> <i>(32 kcal)</i>	<b>2.45</b>

hot chocolate

<b>HOT CHOCOLATE</b> <i>(297 kcal)</i>	<b>3.45</b>
<b>DELUXE HOT CHOCOLATE</b> <i>(417 kcal)</i>	<b>3.85</b>

*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.*