

GLUTEN AVOIDING LUNCH 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.



SANDWICHES

Available on gluten-free white bread, with crisps and side salad.

ST EWE EGG, CRESS & TOMATO v **£7.50**

Cornish egg mayo, mustard cress and sliced tomato. (807 kcal)

ATLANTIC PRAWN & CLASSIC COCKTAIL SAUCE **£9.50**

Atlantic prawns coated in a classic cocktail sauce on a bed of crisp iceberg lettuce. (608 kcal)

DAVIDSTOW CHEDDAR & SPICED TOMATO CHUTNEY v **£7.50**

Mature Cornish Cheddar with a lightly spiced tomato chutney. (1047 kcal)

HONEY GLAZED HAM & TOMATO **£7.00**

Hand-carved ham, sliced tomato with mustard mayo. (774 kcal)

v - vegetarian • vg - vegan

Adults need around 2000 kcal a day

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.

LIGHT BITES

FISH & CHIPS

£9.50

Smaller portion of fish coated in a St Austell Ale & seaweed batter with garden or mushy peas, tartare sauce and lemon. (1267 kcal)

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.

JACKETS

SIMPLY BUTTER JACKET v, vg option (231 kcal)

£6.00

**ATLANTIC PRAWN &
CLASSIC COCKTAIL SAUCE** (399 kcal)

£8.50

DAVIDSTOW CHEDDAR & BEANS v (401 kcal)

£7.50

SIDES

CHIPS vg (404 kcal) £3.50

CHEESY CHIPS v (612 kcal) £4.00

COLESLAW v (154 kcal) £2.00

DRESSED SIDE SALAD vg (82 kcal) £3.50

GLUTEN-FREE BREAD & BUTTER v, vg option (630 kcal) £3.00

v - vegetarian • vg - vegan

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