

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.



STARTERS

- SEASONAL SOUP** v, vg option **£6.00**
Gluten-free bun and Cornish butter.
- BARBECUE CHICKEN WINGS** **£6.50**
Crispy barbecue wings served with blue cheese sauce and barbecue sauce. (528 kcal)
- CHICKEN LIVER & BRANDY PÂTÉ** **£7.25**
Spiced tomato chutney, gluten-free toast and Cornish butter. (468 kcal)
- PRAWN COCKTAIL** **£7.50**
Classic cocktail sauce, shredded iceberg lettuce, gluten-free bread, Cornish butter and lemon. (358 kcal)

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**

BUILD *your* BURGER

All served with seasoned chips.

- CLASSIC BEEF** **£11.00**
4oz burger with our own burger sauce, pickled red onion and baby gem lettuce in a gluten-free bun. (1022 kcal)
- LENTIL BURGER** vg **£10.00**
Lentil burger with salsa, vegan cheese, pickled red onion and baby gem lettuce in a gluten-free bun. (973 kcal)

EXTRA TOPPINGS

- 4oz Beef Burger (259 kcal) **£2.50**
- Lentil Burger vg (202 kcal) **£2.50**
- Smoked Streaky Bacon (169 kcal) **£1.50**
- Cheese v (73 kcal) **£1.50**
- Jalapeños vg (2 kcal) **£1.00**
- Guacamole v (77 kcal) **£1.50**
- Tomato Salsa vg (43 kcal) **£1.00**

FROM THE GRILL

Served with chips, new potatoes or jacket potato.
Add peppercorn sauce for £3.00 (56 kcal)

- WEST COUNTRY 8OZ RUMP STEAK** **£16.00** **2 FOR £23**
Cooked to your liking, with a flat mushroom, grilled plum tomato and peas. (1071 kcal)
- 8OZ GAMMON** **£12.00** **2 FOR £23**
D-cut gammon, two St Ewe fried eggs and peas. (953 kcal)
- CAJUN CHICKEN** **£13.00** **2 FOR £23**
Marinated Cajun chicken breast, coleslaw and dressed salad garnish. (1120 kcal)

2 FOR £23 Selected dishes only. All day Monday to Saturday, after 6pm on Sunday

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

PUB FAVOURITES

2 FOR £23

HUNTER'S CHICKEN £13.50
Chicken breast, barbecue sauce, bacon and cheese, with chips and salad garnish. (1064 kcal)

FISH & CHIPS £14.00
Coated in a St Austell Ale & seaweed batter with garden or mushy peas, tartare sauce and lemon. (1487 kcal)

LIGHT BITE FISH & CHIPS (1267 kcal) £9.50

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.

CHEESE & HAM PLOUGHMAN'S v option £11.50
Mature Davidstow Cheddar, ham, pickled onion, coleslaw, apple, spiced tomato chutney, gluten-free roll and Cornish butter. (837 kcal)

HAM, EGG & CHIPS £10.50
Honey glazed ham, two fried St Ewe eggs and chips. (1033 kcal)

HOUSE SALAD vg £8.00
Mixed leaf, cucumber, tomato, chargrilled courgette, sun-dried tomatoes, sliced red onion, dressed with French dressing. (179 kcal)

+ PRAWNS £12.00
In a classic seafood dressing. (345 kcal)

+ CHIPOTLE SMOKED TOFU vg (331 kcal) £10.00

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

SWEET TREATS

TRIPLE CHOCOLATE BROWNIE £6.50
Berries, raspberry coulis and meringue. (680 kcal)

APPLE, PEACH & RASPBERRY CRUMBLE £6.50
Raspberry ripple ice cream. (497 kcal)

BLACK FOREST ROULADE £6.50
Black forest roulade topped with black cherry compote and chocolate flake. (779 kcal)

CORNISH ICE CREAM & SORBETS

Salted Caramel v (193 kcal per scoop)
Vanilla v (135 kcal per scoop)
Chocolate v (177 kcal per scoop)
Strawberry v (160 kcal per scoop)
Vegan Raspberry Ripple vg (106 kcal per scoop)
Raspberry Sorbet vg (112 kcal per scoop)

£2.00 PER SCOOP

HOT DRINKS

ESPRESSO (1 kcal) £2.15
DOUBLE ESPRESSO (2 kcal) £2.65
MACCHIATO (6 kcal) £2.30
AMERICANO (34 kcal) £2.15
CAPPUCCINO (157 kcal) £2.70
LATTE (151 kcal) £2.70
FLAT WHITE (100 kcal) £2.95
MOCHA (279 kcal) £2.85
ICE COFFEE (151 kcal) £2.15
POT OF TEA (32 kcal) £2.10
FRUIT OR HERBAL TEA (0 kcal) £2.65
HOT CHOCOLATE (297 kcal) £3.10
DELUXE HOT CHOC (417 kcal) £3.50

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