

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

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

starters

SEASONAL SOUP warm gluten-free roll and Cornish butter. <i>v, vg option</i>	7.0
PAN SEARED SOUTH WEST SCALLOPS pan-seared scallops with an oriental salad, chilli & lime dressing, coriander, chillies, lime, and toasted peanuts. <i>(253 kcal)</i>	10.5
CONFIT DUCK RILLETTES shredded confit duck leg served with a chilli & pineapple chutney and gluten-free toast. <i>(481 kcal)</i>	9.0
BASIL & TOASTED PINENUT GNOCCHI warm gnocchi wrapped in basil pesto. Served with red amaranth and toasted pine nuts. <i>vg (319 kcal)</i>	8.0
GOAT'S CHEESE PARFAIT 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>	8.5

mains

MARKET FISH please ask for today's catch.	18.0
FENNEL SEED ROASTED SUMMER SQUASH fennel seed roasted summer squash with lightly spiced Puy lentils and an avocado & basil purée. <i>vg (450 kcal)</i>	12.0
TORCHED MACKEREL SALAD 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>	14.0

pub classics

6OZ WEST COUNTRY BEEF BURGER 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>	15.0
WEST COUNTRY 8OZ SIRLOIN STEAK garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, rocket & Cornish Gouda salad, and chips. <i>(947 kcal)</i> + Shell-On Black Tiger Prawns in Garlic & Chive Butter 5.0 <i>(118 kcal)</i> + Peppercorn Sauce 3.0 <i>(56 kcal)</i>	26.0
FISH & CHIPS coated in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce, and lemon. <i>(1671 kcal)</i>	16.0
<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 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>	14.0
LOCALLY SOURCED STEAMED MUSSELS cooked in a Cornish Rattler cider, leek & cream sauce, with a gluten-free roll and fries. <i>(1644 kcal)</i>	17.0

sides

CHIPS <i>vg (566 kcal)</i>	3.75
FRIES <i>vg (404 kcal)</i>	3.75
DRESSED SIDE SALAD <i>vg (68 kcal)</i>	3.75
SUMMER GREENS mangetout, sugar snaps, kale, and fine beans lightly coated in warm garlic oil. <i>vg (74 kcal)</i>	4.5



desserts

DARK CHOCOLATE MOUSSE rich dark chocolate mousse garnished with berries. <i>v (306 kcal)</i>	7.5
LEMON CURD BRÛLÉE TART 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>	7.5
FRUIT & NUT FLAPJACK warm fruit & nut laced flapjack with a rich dark chocolate sauce and raspberry ripple ice cream. <i>vg (842 kcal)</i>	7.5
CORNISH ICE CREAM & SORBETS	<i>per scoop</i> 2.5
<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

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

tea

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

hot chocolate

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

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.