

# MENU

SERVED MONDAY - SATURDAY



## STARTERS

### Homemade Parsnip & Apple Soup [GFO | VEO] £7.25

*served with crusty roll and Trewithen dairy Cornish butter*

### Salt & Pepper Squid Chunks £8.75

*served with a chilli & lime mayonnaise & salad garnish*

### Chilli & Garlic King Prawns [GF] £8.95

*pan fried king prawns in a garlic & chilli butter, served with spring onions & salad garnish*

### Goats Cheese & Caramelised Onion Arancini [V] £7.95

*served with a homemade marinara style sauce & salad garnish*

### Oven Baked Stilton Mushrooms [V | GFO] £8.50

*mushrooms in a garlic & stilton cream sauce, topped with baked breadcrumbs & served with a crusty roll*

### Cajun Chicken Strips £8.75

*crispy chicken fillets coated in a cajun seasoning, served with a sweet & smoky paprika mayonnaise & lime*

## MAINS

### Fisherman's Pie [GF] £17.95

*salmon, cod, smoked haddock & prawns topped with cheesy mashed potato and served with vegetables*

### Steak, Ale & Mushroom Pie £16.95

*our bestseller, a proper pie in homemade shortcrust pastry, served with a choice of triple cooked chips, mashed potatoes or new potatoes & garden peas or mushy peas finished with a jug of rich beef gravy*

### Beer Battered Cod Fillet [GFO] £17.95

*Dartmoor Legend beer batter, triple cooked chips, homemade chunky tartare sauce and a choice of garden or mushy peas*

### London Burger [GFO] £16.95

*6oz handpressed beef patty, bacon, cheddar cheese, burger sauce & gherkins, served on a toasted brioche bun with skinny fries, house slaw & salad garnish*

### Pulled Beef & Bean Ragu [GFO] £15.95

*slow cooked pulled beef in a rich tomato sauce, served over coriander rice with garlic bread*

### Sweet Potato & Chick Pea Curry [GFO | VEO] £14.95

*served with coriander rice, poppadom, mango chutney & garlic naan bread*

### Gammon Steak [GF] £17.50

*served with triple cooked chips, garden peas, salad garnish & a choice of fried egg or pineapple [add both egg and pineapple, or double egg for 50p extra]*

### Oven Baked Salmon Fillet [GF] £16.95

*in a dill sauce, served with crushed new potatoes & vegetables*

### Korean BBQ Crispy Chicken Burger £16.50

*Chicken Burger, pickled cucumber, Korean bbq sauce, sesame slaw, skinny fries & salad garnish  
Make it plant based by switching to our plant based crispy no-chicken burger [VE]*

### Breaded Scampi £14.95

*wholetail scampi, with triple cooked chips, homemade chunky tartare sauce & garden or mushy peas*

### Today's Steak [GF]

*Locally sourced, served with triple cooked chips, garden peas, grilled tomato, mushrooms & salad garnish  
please see our specials board for today's cut and price*

*why not upgrade to the pub classic 'Surf n Turf' add breaded scampi pieces to your steak for an extra £3.50*

upgrade to garlic parm fries on any meal served with triple cooked chips or skinny fries for £2 extra

## CHILDREN'S MENU £8.95 each

### Choose Your Main:

Pork Sausages [GF] | Quorn Sausages  
Battered Chicken Chunks |  
Fish Goujons

### Choose Your Potato:

Skinny Fries | Triple Cooked Chips  
Mashed Potato | New Potatoes

### Choose Your Side:

Garden Peas | Baked Beans | Salad



## SIDE ORDERS

Triple Cooked Chips SM £3 | LG £4.50

Skinny Fries SM £3 | LG £4.50

Cheesy Chips / Skinny Fries £5.50

Homemade Onion Rings £5

Garlic Bread £5

Cheesy Garlic Bread £5.50

House Slaw £3.50

Peppercorn Sauce £3.95

Blue Cheese Sauce £3.95



## OUR SUPPLIERS

We are proud to use South West suppliers for the majority of our food menu, and try our utmost to source items as locally as possible to reduce food mileage and support our local farmers & fishermen.

**Butcher** - The County Butcher, Dobwalls  
#BackBritishFarming

**Dairy Products** - Trewithen Dairy,  
Lostwithiel

**Eggs** - Colin Carter's Eggs, Truro  
we use Free Range Eggs in our kitchen

**Fruit & Vegetables** - West Country Food  
Service, St Austell

**Frozen Produce** - Caterfood, Paignton

## LOADED FRIES

### Cheese & Bacon [GFO] £10.95

*skinny fries, melted cheddar cheese, sour cream, crispy bacon bits, spring onions*

### Buffalo Chicken £12.95

*skinny fries, southern fried chicken, buffalo hot sauce, blue cheese sauce & fresh chives*

### Korean Style Fries £12.95

*skinny fries, Korean BBQ sauce, crispy coated chicken, spring onions and fresh chillies*

*switch to our plant based crispy no-chicken to make it plant based [VEO]*

### Salt & Pepper £12.95

*skinny fries, salt and pepper coated crispy chicken, peppers, onions, sriracha mayonnaise, fresh chillies & salt and pepper seasoning*

### Garlic Parm £7.95

*skinny fries, garlic & parsley butter, freshly grated parmesan cheese*  
Add southern fried style chicken for £3 extra

## LIGHT BITES

**served lunchtimes between 12pm and 2pm**

### SANDWICHES

**all sandwiches are served on a toasted barra gallega baguette with crisps and salad garnish**

Bacon, Brie & Cranberry £9.95

*pan fried bacon, warm brie & cranberry sauce*

Posh Fish Finger & Tartare £10.50

*beer battered cod chunks with homemade chunky tartare sauce*

Club Sandwich £10.50

*southern fried chicken, lettuce, bacon and mayonnaise*

Cheddar & Tomato [V] £6.95

*mature cheddar cheese & sliced tomato*

### QUICHES

**quiches are made with Gluten Free pastry & served warm, with salad garnish and a choice of skinny fries or new potatoes**

Cheddar & Bacon £12.75

Red Pepper & Pesto [V] £12.75

**DON'T FORGET TO CHECK OUT OUR WEEKLY SPECIALS BOARD, AND OUR PIZZA MENU AT THE BAR**

## Allergy & Dietary Information

If you have any dietary requirements or allergies, please speak with a member of staff who will be able to provide you with our allergen menu. All of our dishes may contain traces of nuts, and our fish dishes may contain bones.

Some of our food may be fried using genetically modified oils.

Unfortunately due to the size of our kitchen space we are unable to have any dedicated allergen free zones, however our staff will try their utmost to reduce any risk of cross contamination as much as they can, but we cannot guarantee it.