

STARTERS

- Garlic Mushrooms £8.25
in a white wine & cream sauce, with a warm bread roll
- Breaded Brie Wedges £7.95
served with a balsamic glazed garnish & cranberry sauce
- Tandoori Chicken Bites £8.75
served with mango chutney & balsamic glazed garnish
- Tomato & Basil Soup £7.25
served with a warm bread roll & Trewithen dairy butter
- Chilli & Mango Crumbed Prawns £8.75
served with a lemon aioli & balsamic glazed garnish

SEAFOOD & FISH

- Beer Battered Cod Fillet £17.95
house batter, chunky chips, homemade tartare & either garden or mushy peas
[add chip shop style curry sauce for £3 extra]
- Fisherman's Pie £17.95
salmon, smoked haddock, cod & prawns, topped with cheesy mashed potato & served with a medley of veg
- Parmesan & Parsley Crusted Salmon £16.95
fillet of salmon topped with a parmesan & parsley breadcrumb crust, served with buttery new potatoes and side salad with French dressing

PLANT BASED

- Katsu Curry £14.50
homemade mild Japanese style curry sauce, crispy no-chicken strips, jasmine rice & salad garnish
[switch from plant based to meat based for +£3]
- Mediterranean Vegetable Tart £15.50
Basil & maize pastry, filled with slow roasted tomatoes, grilled courgettes, mixed peppers & red onion, topped with a basil & pumpkin seed crumb. Served with new potatoes & dressed side salad
- Bangkok Bad Boy Burger £15.95
spicy Oriental inspired burger with lentils & mixed vegetables, mango chutney & mini onion bhaji in a toasted Pretzel bun. Served with skinny fries & salad garnish.

SIDES & EXTRAS

- Chunky Chips or Skinny Fries SML £3 | LRG £4.25
- Cheesy Chunky Chips or Skinny Fries £5.25
- Homemade Beer Battered Onion Rings [x8] £5.00
- Garlic Bread £5.00
- Cheesy Garlic Bread £5.50
- House Slaw £3.25

Don't forget about our daily specials board & pizza menu!

EVENING MENU

LOADED FRIES

- Buffalo Chicken £11.95
buffalo hot sauce, blue cheese sauce & southern fried chicken, topped with fresh chopped chives
- Katsu Style £9.95
homemade mild Japanese style Katsu curry sauce, pickled red cabbage & spring onions
[add southern fried chicken strips for £3 extra]
- Fully Loaded Cheese & Bacon £10.95
melted cheddar, chopped crispy bacon, sour cream & topped with fresh chopped chives
- Garlic Parm £7.95
melted garlic & parsley butter, freshly grated parmesan & topped with chives

PUB CLASSICS

- Steak, Today's Ale & Mushroom Pie £16.95
a proper pie with homemade shortcrust pastry, served with either mashed potato or chunky chips, and garden or mushy peas & a side of rich gravy
- Southern Fried Chicken Strips £15.25
strips of coated southern fried chicken, skinny fries, house slaw, corn on the cob & dressed salad garnish
- London Burger £16.95
6oz hand pressed beef patty, bacon, cheddar, burger sauce & gherkins on a toasted pretzel bun, served with skinny fries, house slaw & dressed salad garnish
- American Chicken Burger £16.50
southern fried chicken burger, bacon, cheddar cheese, mayonnaise on a toasted pretzel bun, served with skinny fries, house slaw & dressed salad garnish
- Gammon Steak £17.50
pan fried gammon served with either fried egg or pineapple ring, chunky chips, garden peas & salad garnish.
[have double egg or egg & pineapple for £1 extra]
- Steak
please see the specials board for today's cut and price served with chunky chips, grilled tomato, mushrooms, garden peas & salad garnish
[add peppercorn or blue cheese sauce for £3.95 extra]

CHILDREN'S MEALS

- Build your own, choose one from each option:
Sausages: Pork or Quorn | Fish Goujons | Chicken Chunks
Skinny Fries | Chunky Chips | Mashed Potato
Garden Peas | Baked Beans | Side Salad £8.95

Allergy Information

If you have any dietary requirements or allergies, please speak with a member of staff when ordering.

ALL of our dishes may contain traces of nuts, and our fish dishes may contain bones.

All allergy information for the 14 main food allergens within our main menu can be found below.

If an item has a number next to the dish, it contains that allergen within our standard recipe.

With some recipes we can alter them to suit certain dietary requirements - please speak to your server regarding this.

Dishes that can be altered upon request to suit a certain dietary requirement will have a * next to the corresponding number.

If you require further information on ingredients that aren't listed below, please speak with a member of staff who can provide you with a full ingredients list for all of our dishes.

1. Cereals containing gluten
2. Peanuts
3. Tree Nuts
4. Sesame
5. Fish
6. Shellfish (Crustaceans)
7. Molluscs

8. Eggs
9. Milk
10. Soya
11. Mustard
12. Celery (and celeriac)
13. Lupin
14. Sulphites

Starters

Garlic Mushrooms - 1*, 9, 14
Breaded Brie Wedges - 1, 9
Tandoori Chicken Bites - 9
Tomato & Basil Soup - 1*, 12
Chilli & Mango Crumbed Prawns - 1, 5, 6, 7, 8, 9, 10, 14

Loaded Fries

Buffalo Fries - 1, 8, 9, 10, 11, 12
Katsu Fries -
Katsu Fries with Southern Fried Chicken -
Fully Loaded Cheese & Bacon - 9
Garlic Parm - 9

Seafood & Fish

Beer Battered Cod Fillet - 1*, 5, 8, 11
Fisherman's Pie - 5, 6, 9
Parmesan & Parsley Crusted Salmon - 1, 5, 9

Pub Classics

Steak, Today's Ale & Mushroom Pie - 1, 8, 9, 14
Southern Fried Chicken Strips - 1, 8, 10, 11, 12, 14
London Burger - 1*, 8, 9, 11, 12
American Chicken Burger - 1, 8, 10, 11, 12
Gammon Steak with egg - 8
Gammon Steak with pineapple - none to declare
Steak - none to declare

Pizza's

'The Loveny' - 1*, 12
'Proper Pepperoni' - 1*, 12
'BBQ Grylls' - 1*, 10, 12
'Ansom [to some] Ham & Pineapple - 1*, 12
'The Moorland Grazer' - 1*, 12
'Beast of Bodmin' - 1*, 12
'Mini Ted' - 1, 9

Plant Based

Katsu Curry -
Mediterranean Vegetable Tart - 1
Bnagkok Bad Boy Burger - 1, 4, 10, 14

Side Orders

Chunky Chips - none to declare
Skinny Fries - none to declare
Chip Shop Style Curry Sauce - 1, 10
Cheesy Chips - 9
Onion Rings - 1*
Garlic Bread - 1*, 9
Cheesy Garlic Bread - 1*, 9
House Slaw - 8, 11, 12

Children's Menu

Chicken Chunks - 1, 9, 10
Pork Sausages - none to declare
Quorn Sausages - 1, 8
Fish Goujons - 1, 5, 6, 7
Skinny Fries - none to declare
Chunky Chips - none to declare
Mashed Potato - 9
Garden Peas - none to declare
Baked Beans - none to declare
Salad - none to declare

Whilst our kitchen do take all steps possible to minimise the risk of cross contamination when preparing your food, due to the size of our kitchen we are unable to have allergen-free zones, therefore we cannot guarantee at any time an allergen free environment.

Some of our food may be fried using generically modified vegetable oil.