

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.
- 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**

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.

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

v - vegetarian • vg - vegan

Adults need around 2000 kcal a day

PUB FAVOURITES

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) £2.35

DOUBLE ESPRESSO (2 kcal) £2.85

MACCHIATO (6 kcal) £2.50

AMERICANO (34 kcal) £2.35

CAPPUCCINO (157 kcal) £2.90

LATTE (151 kcal) £2.90

FLAT WHITE (100 kcal) £3.15

MOCHA (279 kcal) £3.05

ICE COFFEE (151 kcal) £2.35

POT OF TEA (32 kcal) £2.25

FRUIT OR HERBAL TEA (0 kcal) £2.85

HOT CHOCOLATE (297 kcal) £3.25

DELUXE HOT CHOC (417 kcal) £3.65

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