

# SUNDAY LUNCH

(GLUTEN AVOIDING)

## STARTERS

<b>SEASONAL SOUP</b> v, vg option Gluten-free bread roll and Cornish butter.	<b>£6.00</b>
<b>CHICKEN LIVER &amp; COGNAC PÂTÉ</b> Tomato chutney, gluten-free toast, and Cornish butter. (472 kcal)	<b>£7.25</b>
<b>PRAWN COCKTAIL</b> Classic cocktail sauce, shredded iceberg lettuce, gluten-free bread roll, Cornish butter, and lemon. (307 kcal)	<b>£7.50</b>

## SIDES

<b>CHIPS</b> vg (338 kcal)	<b>£3.50</b>	<b>DRESSED SIDE SALAD</b> vg (51 kcal)	<b>£3.50</b>
<b>CHEESY CHIPS</b> v (546 kcal)	<b>£4.00</b>	<b>MASHED POTATO</b> vg (215 kcal)	<b>£3.00</b>
<b>COLESLAW</b> v (66 kcal)	<b>£2.50</b>	<b>GLUTEN-FREE BREAD ROLL AND BUTTER</b> v (398 kcal)	<b>£3.00</b>

## SUNDAY CARVERY

All roasts are served with rosemary & sea salted roasted potatoes parsnip, seasonal vegetables and a rich gravy.

<b>REGULAR CARVERY</b> Upgrade to large - add an extra slice of meat. +£3.00	<b>£12.00</b>
<b>ALL-OUT VEG</b> v, vg option Visit our carvery station to indulge in our delicious vegetable offering, without a meat option.	<b>£9.00</b>
<b>APRICOT &amp; CHESTNUT ROAST</b> vg A rich blend of slowly roasted apricots, chestnuts, mixed nuts, herbs and vegetables. (757 kcal)	<b>£11.00</b>

# MAINS

## FISH & CHIPS **£14.00**

Coated in a St Austell Brewery ale & seaweed batter. With garden or mushy peas, tartare sauce, and lemon. (1269 kcal)

## LIGHT BITE FISH & CHIPS (872 kcal) **£9.50**

25p from every portion of Fish & Chips sold is donated to the St Austell Brewery Charitable Trust.

## HUNTER'S CHICKEN **£13.50**

Chicken breast, BBQ sauce, bacon and cheese, with chips and salad garnish. (1026 kcal)

# BURGERS

All served with seasoned chips.

## CLASSIC BEEF **£11.00**

4oz burger with our own burger sauce, pickled red onion, baby gem lettuce, and coleslaw, in gluten-free bun. (974 kcal)

## DOUBLE UP

4oz beef burger (259 kcal) **£2.50**

## ADD YOUR TOPPINGS

Smoked streaky bacon (169 kcal)	<b>£1.50</b>
Monterey Jack cheese v (73 kcal)	<b>£1.50</b>
Vegan cheese vg (64 kcal)	<b>£1.50</b>
Jalapeños vg (5 kcal)	<b>£1.00</b>
Guacamole v (49 kcal)	<b>£1.50</b>
Tomato salsa vg (32 kcal)	<b>£1.00</b>

# SWEET TREATS

## APPLE & BLACKBERRY CRUMBLE v **£6.50**

Served with custard. (709 kcal)

## VEGAN FRUIT & NUT FLAPJACK vg **£6.50**

Dried fruit, pistachio nuts and hazelnuts, with a vegan Belgian chocolate sauce and vegan raspberry ripple ice cream. (934 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)  
Mango sorbet vg (112 kcal per scoop)  
Vegan raspberry ripple vg (106 kcal per scoop)  
**£2.00 PER SCOOP**