

# 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.

Order dessert with your main course and get £2 off!\*

## STARTERS

**SEASONAL SOUP** v, vg option **£6.75**  
Gluten-free roll and Cornish butter.

**BBQ CHICKEN WINGS** **£7.50**  
Crispy BBQ wings served with blue cheese sauce and BBQ sauce. (714 kcal)

**CHICKEN LIVER & COGNAC PÂTÉ** **£7.75**  
Tomato chutney, gluten-free toast, and Cornish butter. (472 kcal)

**PRAWN COCKTAIL** **£8.00**  
Classic cocktail sauce, shredded iceberg lettuce, gluten-free roll, Cornish butter, and lemon. (307 kcal)

**SHARER NACHOS** v **£11.50**  
Topped with mozzarella and Cheddar cheese, jalapeños, guacamole, salsa, and sour cream. For two to share or a hungry one! (1254 kcal / serves two)

## PUB FAVOURITES

**FISH & CHIPS** **£15.50**  
Coated in a St Austell Brewery ale & seaweed batter. With garden or mushy peas, tartare sauce, and lemon. (1269 kcal)

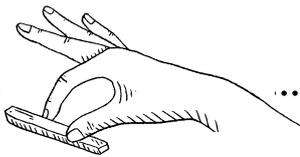
**LIGHT BITE FISH & CHIPS** (872 kcal) **£10.75**

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

**BAKED SALMON** **£16.00**  
Baked fillet of salmon with a jacket potato, broccoli, and hollandaise sauce. (615 kcal)

**HAM, EGG & CHIPS** **£12.00**  
Honey glazed ham, two fried St Ewe eggs, and chips. (836 kcal)

**2 FOR £25** **HUNTER'S CHICKEN** **£15.50**  
Chicken breast, BBQ sauce, bacon and cheese, with chips and salad garnish. (1026 kcal)



## SIDES

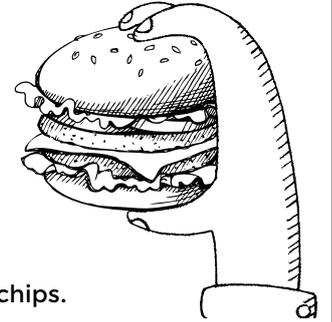
**CHIPS** vg (338 kcal) **£3.75**

**CHEESY CHIPS** v (546 kcal) **£4.25**

**COLESLAW** v (66 kcal) **£2.75**

**DRESSED SIDE SALAD** vg (51 kcal) **£3.75**

**MASHED POTATO** vg (215 kcal) **£3.25**



## BURGER

All served with seasoned chips.

**CLASSIC BEEF** **£11.95**  
Gluten-free bun, 4oz burger with our own burger sauce, pickled red onion, baby gem lettuce, and coleslaw. (974 kcal)

### DOUBLE UP

4oz beef burger (259 kcal) **£2.50**

### ADD YOUR TOPPINGS

Smoked streaky bacon (169 kcal) **£1.50**

Monterey Jack cheese v (73 kcal) **£1.50**

Vegan cheese vg (64 kcal) **£1.50**

Jalapeños vg (5 kcal) **£1.00**

Guacamole v (49 kcal) **£1.50**

Tomato salsa vg (32 kcal) **£1.00**

## FROM THE GRILL

Served with a choice of chips (420 kcal), mashed potato (215 kcal), jacket potato (150 kcal), or dressed salad (51 kcal).

**2 FOR £25** **8OZ RUMP STEAK** **£17.50**  
Cooked to your liking. With a flat mushroom, grilled tomato, and peas. (495 kcal)

**2 FOR £25** **8OZ GAMMON** **£13.50**  
D-cut gammon, two St Ewe fried eggs, and peas. (878 kcal)

**2 FOR £25** **CAJUN CHICKEN** **£14.50**  
Marinated Cajun chicken breast, coleslaw and dressed salad garnish. (693 kcal)

Adults need around 2000 kcal a day

# LUNCH (till 5pm)

## GLUTEN-FREE ROLLS

Served with Burts salted crisps and side salad.

### ATLANTIC PRAWN & CLASSIC COCKTAIL SAUCE **£10.00**

Atlantic prawns coated in a classic cocktail sauce, on a bed of crisp iceberg lettuce. (364 kcal)

### HONEY GLAZED HAM & TOMATO **£8.50**

Hand-carved ham and sliced tomato with wholegrain mustard mayo. (352 kcal)

### CORONATION CHICKEN **£9.00**

Chicken breast wrapped in our coronation mayo with lime and coriander. (358 kcal)

### MATURE CHEDDAR & TOMATO CHUTNEY v **£8.50**

Mature Cornish Cheddar with a lightly spiced tomato chutney. (595 kcal)

## JACKETS

Served with a dressed side salad.

### BUTTERY JACKET v, vg option (355 kcal) **£6.75**

- + Beans v (7 kcal) **£1.50**
- + Mature Cheddar cheese and beans v (176 kcal) **£2.00**
- + Coronation chicken (215 kcal) **£2.00**
- + Atlantic prawn & classic cocktail sauce (91 kcal) **£2.50**

# SWEET TREATS

### APPLE & BLACKBERRY CRUMBLE v **£7.50**

Served with custard. (709 kcal)

### VEGAN FRUIT & NUT FLAPJACK vg **£7.50**

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)

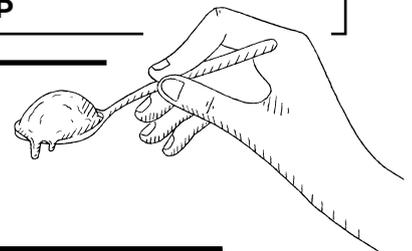
Mango sorbet vg (112 kcal per scoop)

Vegan raspberry ripple vg (106 kcal per scoop)

**£2.50 PER SCOOP**

Order dessert with your main course and get

**£2 off!\***



**2 FOR £25** On selected dishes. All day Monday to Saturday, and after 6pm on Sunday.

# HOT DRINKS

ESPRESSO (37 kcal) **£2.05**

DOUBLE ESPRESSO (38 kcal) **£2.45**

MACCHIATO (42 kcal) **£2.70**

AMERICANO (69 kcal) **£2.55**

FLAT WHITE (132 kcal) **£3.10**

LATTE (187 kcal) **£3.10**

CAPPUCCINO (193 kcal) **£3.10**

MOCHA (315 kcal) **£3.45**

ICED COFFEE (187 kcal) **£3.10**

POT OF TEA (67 kcal) **£2.45**

FRUIT OR HERBAL TEA (36 kcal) **£3.05**

HOT CHOCOLATE (333 kcal) **£3.45**

DELUXE HOT CHOC (453 kcal) **£3.85**

\* Main and dessert must be ordered together.