

LUNCH MENU

light lunch

4OZ WEST COUNTRY BEEF BURGER glazed bun, our own burger sauce, gem lettuce, pickled red onion, and fries. (996 kcal) **9.5**

Pair with the clean and crisp, thirst-quenching notes of korev lager.

Add extra toppings for 1.5 each:

Smoked Streaky Bacon (169 kcal) / **Monterey Jack Cheese** v (74 kcal)

Vegan Cheese vg (61 kcal) / **Chorizo & Sweet Chilli Jam** (63 kcal)

LENTIL BURGER glazed bun, salsa, pickled red onion, baby gem lettuce, and fries. vg (1250 kcal) **9.5**

MOULES FRITES steamed local mussels cooked in a Cornish Rattler cider, leek & cream sauce. Served with fries. (1024 kcal) **10.0**

SMALL FISH & CHIPS coated in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce, and lemon. (1266 kcal) **10.0**

Pair with Tribute, our light and zesty, easy-drinking pale ale.

SMALL BANANA BLOSSOM 'FISH' & CHIPS instead of fish, we coat banana blossom in a St Austell Ale & seaweed batter with crushed minted peas and vegan tartare sauce. vg (945 kcal) **9.0**

STEAK FRITES 5oz minute steak cooked pink or well-done, with garlic & chive butter, sweet drop pepper & rocket salad, and fries. (675 kcal) **11.0**

PORK PIE PLOUGHMAN'S Squealer pork pie, mature Cheddar cheese, chutney, pickled onion, salad garnish, artisan baguette, and Cornish butter. (1202 kcal) **10.0**



sides

CHIPS vg (566 kcal) **3.75**

FRIES vg (404 kcal) **3.75**

GARLIC BAGUETTE v (204 kcal) **3.75**

DRESSED SIDE SALAD vg (68 kcal) **3.75**

APPLE & CELERIAC REMOULADE v (129 kcal) **3.75**

SUMMER GREENS
mangetout, sugar snaps, kale, and fine beans lightly coated in warm garlic oil. vg (74 kcal) **4.5**

CAESAR SALAD v (125 kcal) **4.5**

WARM BAGUETTE WITH WHIPPED MARMITE BUTTER v (531 kcal) **4.0**

baguettes, sandwiches and wraps - all served with crisps and dressed salad garnish.

ATLANTIC PRAWN & SEAFOOD SAUCE Atlantic prawns coated in a classic seafood sauce on a bed of crisp iceberg lettuce. *(615 kcal)* **10.0**

ST EWE EGG, TOMATO & CRESS Cornish St Ewe egg mayo with mustard cress and sliced tomato. *v (818 kcal)* **7.5**

WALDORF SALAD mature Davidstow Cheddar with red grapes, celery, apples & toasted walnuts, wrapped in a blue cheese dressing. *v (633 kcal)* **8.0**

CORONATION CHICKEN roasted chicken breast coated in our coronation mayonnaise with lime and coriander. *(1024 kcal)* **8.5**

BEETROOT FALAFEL WRAP warm beetroot falafels, carrot & basil tapenade, and gem lettuce leaves. *vg (584 kcal)* **7.5**

SOUTHERN FRIED CHICKEN WRAP southern fried chicken strips wrapped in cheese slices with crisp lettuce and mayonnaise. *(656 kcal)* **8.0**



CREAM TEA two scones, Rodda's clotted cream, strawberry jam, and a pot of tea. *v* **7.5**
Upgrade to Prosecco for an extra 6.0

We have a separate menu available for guests looking to avoid gluten, please ask your server.

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.

v - vegetarian · vg - vegan

adults need around 2000 kcal a day