

MAIN MENU

nibbles & sides

MARINATED MIXED OLIVES <i>vg 53 kcal</i>	4.0	FRIES <i>vg 404 kcal</i>	3.75
CHORIZO BITES <i>474 kcal</i>	5.5	GARLIC BAGUETTE <i>v 204 kcal</i>	3.75
PADRÓN PEPPERS <i>Cornish sea salt. vg 61 kcal</i>	4.0	DRESSED SIDE SALAD <i>vg 68 kcal</i>	3.75
CHIPS <i>vg 566 kcal</i>	3.75	CAESAR SALAD <i>v 125 kcal</i>	4.5

mains

6OZ WEST COUNTRY BEEF BURGER glazed bun, our own burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled red onion, gem lettuce, chorizo & sweet chilli jam, and fries. *1629 kcal* **15.0**

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

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**

FISH & CHIPS coated in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce, and lemon. *1671 kcal* **16.0**

SMALL FISH & CHIPS *1266 kcal* **10.0**

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.

BANANA BLOSSOM 'FISH' & CHIPS instead of fish, we coat banana blossom in a St Austell Ale & seaweed batter with crushed minted peas, vegan tartare sauce, and lemon. *vg 1220 kcal* **14.0**

SMALL BANANA BLOSSOM 'FISH' & CHIPS *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**

SOUTHERN FRIED CHICKEN & CHEESE WRAP mayo, cheese slice, gem lettuce, and fries. *812 kcal* **8.0**

BEETROOT FALAFEL WRAP carrot tapenade, gem lettuce, and fries. *vg 711 kcal* **7.5**

WEST COUNTRY 8OZ SIRLOIN STEAK garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, rocket & Cornish Gouda salad, and chips. *947 kcal* **26.0**

Add Shell-On Black Tiger Prawns in Garlic & Chive Butter 5.0 118 kcal

Add Peppercorn Sauce 3.0 56 kcal

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

Adults need around 2000 kcal a day.

v - vegetarian, vg - vegan

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.

snacks & sharers

FRIED BBQ WINGS	5 WINGS 6.0 372 kcal 10 WINGS 10.0 51 kcal 15 WINGS 14.0 1123 kcal
tender wings in a sweet honey glaze, with sesame seeds.	
+ BLUE CHEESE SAUCE	<i>v 114 kcal</i> 3.0
BEETROOT FALAFELS	5.5
warm falafels paired with a simple, yet delicious tahini & herb vegan yoghurt.	<i>vg 283 kcal</i>
SHARING NACHO TRAY	tortilla chips topped with tomato salsa, sour cream, jalapeños, guacamole, cheese sauce. <i>v 1188 kcal</i> 8.0
WITH BEEF CHILLI	<i>1538 kcal</i> 11.0
BEEF CHILLI LOADED FRIES	fries covered with cheese sauce, fiery jalapeños, and topped beef chilli. <i>1538 kcal</i> 6.0

desserts

STICKY TOFFEE PUDDING	banana ice cream, gingernut crumb, and toffee sauce. <i>v 1211 kcal</i> 7.5
DARK CHOCOLATE MOUSSE	rich dark chocolate mousse garnished with berries and crushed Cornish fairings. <i>v 306 kcal</i> 7.5
LEMON CURD BRÛLÉE TART	zesty lemon curd in a shortcrust pastry tart with a brûléed top. Served with Cornish clotted cream, raspberry coulis, and berry garnish. <i>v 469 kcal</i> 7.5
FRUIT & NUT FLAPJACK	warm fruit & nut laced flapjack with a rich dark chocolate sauce and raspberry ripple ice cream. <i>vg 842 kcal</i> 7.5
CORNISH ICE CREAM & SORBETS	<i>per scoop 2.5</i>
vanilla	<i>v 135 kcal per scoop</i>
chocolate	<i>v 177 kcal per scoop</i>
strawberry	<i>v 160 kcal per scoop</i>
banana	<i>v 191 kcal per scoop</i>
salted caramel	<i>v 193 kcal per scoop</i>
vegan raspberry ripple	<i>vg 106 kcal per scoop</i>
raspberry sorbet	<i>vg 112 kcal per scoop</i>

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