

# 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 **£6.25**  
Gluten-free bun and Cornish butter.
- BARBECUE CHICKEN WINGS** **£6.75**  
Crispy barbecue wings served with blue cheese sauce and barbecue sauce. (528 kcal)
- CHICKEN LIVER & BRANDY PÂTÉ** **£7.50**  
Spiced tomato chutney, gluten-free toast and Cornish butter. (468 kcal)
- PRAWN COCKTAIL** **£7.75**  
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** **£11.50**  
4oz burger with our own burger sauce, pickled red onion and baby gem lettuce in a gluten-free bun. (1022 kcal)
- LENTIL BURGER** vg **£10.50**  
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** **£16.50**  
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** **£13.50**  
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** £14.00  
Chicken breast, barbecue sauce, bacon and cheese, with chips and salad garnish. (1064 kcal)

**FISH & CHIPS** £14.50  
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) £10.00

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 £12.00  
Mature Davidstow Cheddar, ham, pickled onion, coleslaw, apple, spiced tomato chutney, gluten-free roll and Cornish butter. (837 kcal)

**HAM, EGG & CHIPS** £11.00  
Honey glazed ham, two fried St Ewe eggs and chips. (1033 kcal)

**HOUSE SALAD** vg £8.50  
Mixed leaf, cucumber, tomato, chargrilled courgette, sun-dried tomatoes, sliced red onion, dressed with French dressing. (179 kcal)

**+ PRAWNS** £12.50

In a classic seafood dressing. (345 kcal)

**+ CHIPOTLE SMOKED TOFU** vg (331 kcal) £10.50

## 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** £6.75  
Berries, raspberry coulis and meringue. (680 kcal)

**APPLE, PEACH & RASPBERRY CRUMBLE** £6.75  
Raspberry ripple ice cream. (497 kcal)

**BLACK FOREST ROULADE** £6.75  
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

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