



**SMALL BOWLS**

**(3 FOR £20 OR £7.95 EACH)**

BBQ Beef Brisket & Toasted Brioche  
(CELERY, SUPHATES, GLUTEN, DAIRY, EGG)

Honey & Wholegrain Mustard Chipolatas  
(GLUTEN, MUSTARD)

Jerk Chicken Thighs with Mango Salsa  
(NUTS, MUSTARD, GLUTEN)

Ham & Cheese Croquettes with Mustard Mayo  
(DAIRY, MUSTARD, GLUTEN)

Fried Chicken Wings/Tenders - Buffalo/Garlic Mayo/BBQ/Blue Cheese  
(GLUTEN - DAIRY / EGG / SULPHITES / MUSTARD)

Wild Mushroom & Truffle Pate, Apple & Plum Chutney, Toast  
(GLUTEN, SULPHITES)

Popcorn Shrimp with Sweet Chilli & Sesame  
(GLUTEN, SHELLFISH, SESAME)

**SHARERS**

Honey Rosemary & Garlic Baked Camembert, Onion Chutney & Selection of  
Bread - £13.95  
(DAIRY, GLUTEN)

Sundried Tomato Bread & Marinated Olives - £8.95  
(GLUTEN, SULPHITES)

Chilli Beef/Three Bean Chilli Nachos, Guacamole, Sour Cream, Tomato Salsa,  
Jalapenos, Cheese £13.95  
(DAIRY, SULPHITES)

**STARTERS**

Fowey West Country Mussels, Lemon, Garlic, Cream, Tarragon & Parsley - £11.95  
(CRUSTACEAN, DAIRY, GLUTEN)

Pan Fried Octopus, Fennel & Chilli Chutney, Avocado, Sweetcorn & Lemon - £11.95  
(SULPHATES, CELERY)

Pan Fried Chilli Garlic Prawns, Sundried Tomato Bread & Lemon Parsley Butter - £10.95  
(DAIRY, CRUSTACEAN, GLUTEN)

Honey Soy & Chilli Duck Salad with Cucumber, Spring Onion, Pomegranate & Sesame - £11.95  
(SULPHITES, SOYA, GLUTEN, SESAME)

Maple Smoked Bacon & Black Pudding Benedict, Poached Egg, Truffle Hollandaise on a  
Toasted Crumpet - £10.95  
(GLUTEN, EGGS, SUPHITES, DAIRY)

## FROM THE GRILL

*all served with chips, roasted tomato, mushroom & a sauce of your choice*

8oz Rump Steak £24.95

7oz Fillet Steak £35.95

*add Garlic Prawns £6.00  
(DAIRY, SHELLFISH)*

16oz Pork T-bone £19.95

*Sauces:*

*Bearnaise / Peppercorn / Blue Cheese / Beef Jus / Mustard / Truffle Hollandaise  
(EGG / DAIRY / MUSTARD)*

## MAINS

Seafood Linguine with Prawns, Mussels, Anchovies, Lemon, Chilli, Garlic, Spinach,  
Cherry Tomato, Parsley & Parmesan - £19.95  
(GLUTEN, MOLLUSCS, SHELLFISH, DAIRY, SULPHITES)

Chicken & Smoked Bacon Caesar Salad, Parmesan, Garlic Croutons, Baby Gem & Anchoives  
-£16.95  
(DAIRY, GLUTEN, FISH, EGG, MUSTARD)

Honey Baked Salmon Fillet, Niçoise Salad with Olives, Green Beans, Egg, Cherry Tomatoes, Red  
Onion, & New Potato - £18.95  
(FISH, EGG, MUSTARD)

Beer Battered Cod & Chips with Tartar Sauce & Garden Peas - £17.95  
(FISH, DAIRY, MUSTARD, GLUTEN - GLUTEN FREE AVAILABLE)

Truffle & Parmesan Chicken Schnitzel, Creamed Mushroom & Tarragon Sauce, Chips & Rocket  
- £19.95  
(DAIRY, EGG, GLUTEN)

Vegan Lasagna with Aubergine, Courgette, Red Pepper, Carrot, Celeriac & Thyme with Confit  
Garlic Bread & Rocket Salad (VE) -£18.95  
(GLUTEN, CELERY, MUSTARD)

Crispy Pork Belly, Lyonnaise Potatoes, Cauliflower, Black Pudding, Kale & Dijon Mustard Sauce  
- £20.95  
(GLUTEN, DAIRY, CELERY, MUSTARD, SULPHATES)

Curried Monkfish, Cauliflower Cous Cous, Ginger, Spring Onion, Chilli, Coriander, Honey Carrot  
& Almond Salad with Mint Yoghurt - £22.95  
(FISH, DAIRY, NUTS)

Indian Style Mutton Curry, Saffron Rice, Poppadoms & Mango Chutney - £19.95  
(GLUTEN)

Duck Breast, Butternut Squash, Mashed Potatoes, Creamed Savoy & Smoked Bacon with Thyme Jus  
- £25.95  
(DAIRY, SULPHATES)

Luxury Fish Pie with Cod, Salmon, Prawns & Buttered Peas - £19.95  
(DAIRY, GLUTEN, MUSTARD, FISH, SHELLFISH)

Licourice Braised Oxtail, Smoked Mashed Potato, Parsnips, Spinach & Pan Juices - £22.95  
(SULPHATES, CELERY, DAIRY)

Beef Burger, BBQ Brisket, Cheddar, Gherkins, Tomato, Lettuce with Chips - £18.95  
(DAIRY, EGG, GLUTEN, SESAME, SULPHITES, SULPHATES, MUSTARD)

Piri Piri Chicken Burger, Pirinaise, Coleslaw, Sweet Chilli, Tomato, Lettuce with Chips - £17.95  
(SULPHATES, EGG, MUSTARD, GLUTEN, DAIRY)

Halloumi Burger Tzatziki, Red Pepper, Chilli Jam with Chips (V) - £16.95  
(DAIRY, GLUTEN, SULPHATES)

Moving Mountains Burger, Three Bean Chilli, Nachos & Guacamole with Chips (VE) - £15.95  
(GLUTEN, DAIRY)