

ALLERGEN MENU



SMALL BOWLS

(3 FOR £20 OR £7.95 EACH)

Jalapeño Chilli Cheese Bites with Tomato Salsa
(SULPHITES, GLUTEN, EGG, DAIRY)

Honey & Wholegrain Mustard Chipolatas
(GLUTEN, MUSTARD)

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

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

Wild Mushroom & Truffle Pate, Apple & Plum Chutney, Toast (VE)
(GLUTEN - GF Available, SULPHITES)

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

Chicken Satay with Peanut, Chilli, Lime & Coconut
(PEANUTS, SULPHITES)

SHARERS

Sundried Tomato Bread & Marinated Olives with Cream Cheese, Olive & Feta Dip - £9.95 (VE)
(GLUTEN, SULPHITES)

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

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

STARTERS

Chicken Liver & Cognac Pâté, Date Chutney, Brioche, Balsamic & Rocket - £9.95
(DAIRY, SULPHITES, GLUTEN - GF Available, EGG)

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

Slow Roasted Pigs Head Galette, Piccalilli, Capers & Apple Sauce - £8.95
(GLUTEN, EGG, MUSTARD, SULPHITES)

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

Roasted Cauliflower Steak, Romesco Sauce, Herb Dressing & Almonds - £8.95 (VE)
(NUTS)

Soup of the Day with Warm Bread & Butter - £8.95
(GLUTEN, DAIRY - May Vary Daily)

Please let one of our staff members know if you have any allergies or dietary requirements

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

8oz Rump Steak £24.95

8oz Sirloin Steak £27.95

10oz Pork Cutlet £19.95

add Garlic Prawns £6.00
(DAIRY, SHELLFISH)

Sauces:

Bearnaise / Peppercorn / Blue Cheese / Beef Jus / Mustard / Diane
(EGG / DAIRY / MUSTARD / CELERY / SULPHATES)

M A I N S

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

Pan Fried Hake Fillet, Red Pepper, Spinach, Tomato, Parsley,
Chorizo, Lemon & Saffron Orzo with Croutons - £20.95
(GLUTEN, FISH, DAIRY, SULPHITES)

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

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

Homemade Puff Pastry Pie of the Day, Mash, Peas & Gravy - £19.95
(EGG, GLUTEN, DAIRY)

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

Pan Fried Guineafowl Breast, Cabbage, Butternut, Truffle, Pearl Barley, Tarragon - £21.95
(DAIRY, GLUTEN - GF Available)

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

Warm Truffle Goat Cheese Salad, Honey Roasted Carrots, Grilled Courgette,
Walnuts, Watercress -£16.95 (VE)
(DAIRY,NUT)

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

Roasted Butternut, Rosemary & Mushroom Pie with New Potatoes, Tenderstem Broccoli & Gravy
- £18.95 (VE)
(GLUTEN)

Beef Burger Smoked Bacon, Cheddar, Relish, Tomato, Baby Gem with Chips- £18.95
(GLUTEN, EGG, MUSTARD, DAIRY, SESAME)

Buttermilk Fried Chicken Burger with Hot Honey & Buffalo, Ranch Dressing,
Tomato & Baby Gem with Chips- £17.95
(GLUTEN, EGG, MUSTARD, DAIRY, SESAME)

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

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