

# LUNCH MENU

Served 12 noon to 3pm

Separate **Kids'** menu available for Under 12's. Separate Dinner Menu.

As our food is freshly prepared in our kitchen, we can usually accommodate special dietary requirements. Most of our dishes can be made Gluten-Free, and some can be made Vegan—please speak to your server about any changes you may wish to make.

**\*\* PLEASE ENSURE YOU NOTIFY US OF ANY ALLERGENS OR DIETARY REQUIREMENTS AT TIME OF ORDERING \*\***

Olives £4 243 cal

Harissa Hummus, Breads & Oils £8 786 cal

Starter Sharing Platter £20 1074 cal

(Ham Hock Terrine, Asparagus Tart, Calamari, Homemade Breads)

Soup of The Day with Homemade Bread £7 535 cal

Warm Asparagus Tart with Balsamic and Watercress £8 677 cal

Heritage Tomato Salad, Vegan Feta, Basil and Spiced Nuts £8 515 cal main

Ham Hock Terrine with Sour Orange, Broad Beans and Chervil £9 484 cal

Calamari, Lime Mayo and Asian Salad £9 348 cal

West Country Mussels, White Wine, Garlic and House Bread £11 / £20 650 cal / 1800 cal

(Mussels as Main Course served with Hand Cut Chips)

Cornish Cured Ham, Cornish Blue, Cheddar or Brie Ploughmans £15 1500 cal

Beef Burger with Smoked Tintagel Cheddar, Coleslaw and Chips £17 1040 cal

Vegan Halloumi Burger with Spiced Tomato Chutney, Rocket and Chips £15 1040 cal

Fish and Chips, Peas, Home Made Tartare Sauce £16 1269 cal

Wok Fried Chicken and Chorizo, Bok Choy, Red Onion, Potatoes, Sesame, Chilli, Coriander £18 1140 cal

Dessert Sharing Plate £16

Eton Mess Cheesecake £8 434 cal

Sticky Toffee Pudding, Toffee Sauce, Homemade Fudge and Clotted Cream £8 1292 cal

Chocolate and Mango Plate £8 662 cal

Cheese Board with Local and International Cheeses, House Biscuits and Chutney £10 974 cal

## Sandwiches

**Brown or White Bloomer or Gluten Free Bread with a Small Bowl of Hand Cut Chips**

Cheddar Cheese and Sun Blushed Tomato Chutney £8

Smoked Salmon and Chive Crème Fraiche £9

Bacon Lettuce and Tomato £8

Cornish Cured Ham and Beef Tomato £8

Crab and Citrus Mayonnaise £11

Blue Cheese, Pear and Walnut £9

A Mug of Soup with your Sandwich £6

## Sunday Roast £15

**Price includes Dessert of the Day—Sunday Lunchtimes Only**

Choice of Beef or Belly Pork, served with Roast Potatoes,  
Yorkshire Pudding, Seasonal

Vegetables, Gravy.

Vegetarian and Vegan options available 1459 cal

## Sides

Chips £5, 420 cal

Sweet Potato Fries £6, 431 cal

Side Salad or Seasonal Veg £5 236 cal

## Cream Tea £11

**Available all day**

Two Home Made Scones, Strawberry Jam,  
Clotted Cream and a Choice of Tea or Coffee 974  
cal

**Our food is cooked to order in our kitchen. We will always aim to serve you as promptly as possible. However, at busy times, there may be a delay.**

**If you require any information on any of the dishes or any allergens, please ask a member of staff. Please let us know if you have any specific allergy as our kitchen uses ingredients such as nuts and flour. There is therefore a risk of cross-contamination.**

**We will take your order at your table. Service is not included at paid at your discretion. All prices include VAT.**