

## 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.



### NIBBLES

<b>MARINATED MIXED OLIVES</b> <i>vg (53 kcal)</i>	<b>4.0</b>
<b>CHORIZO BITES</b> <i>(474 kcal)</i>	<b>5.5</b>
<b>PADRÓN PEPPERS</b> <i>vg (61 kcal)</i>	<b>4.0</b>

### SHARERS

<b>BAKED CAMEMBERT</b> <i>v</i>	<b>17.0</b>
Studded with garlic & rosemary, spiced tomato chutney, caramelised red onion chutney, with gluten-free toast and gluten-free bread roll. <i>(1353 kcal, 677 kcal per serving)</i>	

### MAINS

<b>HUNTER'S CHICKEN</b>	<b>13.5</b>
Butterflied chicken breast, barbecue sauce, smoked bacon and cheese, with chips and salad garnish. <i>(1108 kcal)</i>	
<b>PAN SEARED RED MULLET</b>	<b>14.0</b>
Red mullet fillets, chargrilled gem lettuce hearts. Served with Cornish new potatoes in a warm tartare sauce. <i>(537 kcal)</i>	
<b>LOCALLY SOURCED STEAMED MUSSELS</b>	<b>16.5</b>
Cooked in a Rattler cider, leek & cream sauce. Served with a gluten-free bread roll and fries. <i>(1644 kcal)</i>	
<b>MALAYSIAN LAKSA</b> <i>vg</i>	<b>13.0</b>
Red and green peppers, spinach & cauliflower florets, with fresh chillies. Cooked in a spicy coconut curry broth with rice noodles, topped with fresh coriander and crispy noodles. <i>(584 kcal)</i>	
<b>With pan-seared sliced chicken breast</b> <i>(828 kcal)</i>	<b>15.0</b>
<b>With butterflied black tiger prawns</b> <i>(533 kcal)</i>	<b>15.0</b>
<b>HOUSE SALAD</b> <i>vg</i>	<b>9.0</b>
Mixed leaf, cucumber, cherry tomatoes, chargrilled courgette, sun-dried tomatoes, sliced red onion, with French dressing. <i>(179 kcal)</i>	
<b>With Atlantic prawns in a classic cocktail sauce</b> <i>(336 kcal)</i>	<b>13.5</b>

### STARTERS

<b>SEASONAL SOUP</b> <i>v, vg option</i>	<b>7.0</b>
Gluten-free roll and Cornish butter.	
<b>HALLOUMI FRIES</b> <i>v</i>	<b>7.0</b>
Deep-fried halloumi, jalapeño & roasted pepper relish, and sweet chilli & corander mayo. <i>(446 kcal)</i>	
<b>CHICKEN LIVER &amp; BRANDY PARFAIT</b>	<b>7.5</b>
Red onion chutney, Cornish Gouda & herb crumb, with gluten-free toast. <i>(396 kcal)</i>	

### PUB CLASSICS

<b>6OZ WEST COUNTRY BEEF BURGER</b>	<b>14.5</b>
In a gluten-free bun with our own burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled red onion, gem lettuce, chorizo & sweet chilli jam, and fries. <i>(1629 kcal)</i>	
<b>WEST COUNTRY 8OZ RUMP STEAK</b>	<b>18.0</b>
Garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, portobello mushroom, and chips. <i>(1022 kcal)</i>	
<b>+ Shell-on black tiger prawns in garlic &amp; chive butter</b> <i>(118 kcal)</i>	<b>4.0</b>
<b>+ Peppercorn sauce</b> <i>(56 kcal)</i>	<b>3.0</b>
<b>FISH &amp; CHIPS</b>	<b>14.5</b>
Coated in a St Austell Ale & seaweed batter with garden or mushy peas, tartare sauce, and lemon. <i>(1671 kcal)</i>	
<i>25p from every portion of Fish &amp; Chips sold is donated to the St Austell Brewery Charitable Trust, the beneficiaries in 2022 will be the Marine Conservation Society &amp; the Air Ambulance.</i>	
<b>BANANA BLOSSOM 'FISH' &amp; CHIPS</b> <i>vg</i>	<b>13.0</b>
Instead of fish, we coat banana blossom in a St Austell Ale & seaweed batter with garden or mushy peas, vegan tartare sauce, and lemon. <i>(1220 kcal)</i>	

## SIDES

<b>CHIPS</b> <i>vg (566 kcal)</i>	<b>3.5</b>	<b>LETTUCE WEDGE</b> <i>v</i>	<b>3.0</b>
		Blue cheese sauce. <i>(225 kcal)</i>	
<b>CHEESY CHIPS</b> <i>v (774 kcal)</i>	<b>4.5</b>	<b>SUMMER GREENS</b> <i>vg</i>	<b>4.0</b>
<b>FRIES</b> <i>vg (404 kcal)</i>	<b>3.5</b>	Mangetout, sugar snaps, kale, and fine beans lightly coated in warm garlic oil. <i>(74 kcal)</i>	
<b>DRESSED SIDE SALAD</b> <i>vg (68 kcal)</i>	<b>3.5</b>		



### DESSERTS

<b>TRIPLE CHOCOLATE BROWNIE</b> <i>v</i>	<b>7.0</b>
Warm brownie served with berries, raspberry coulis, and crushed meringue. <i>(577 kcal)</i>	
<b>BLACK FOREST ROULADE</b> <i>v</i>	<b>7.0</b>
Black Forest roulade topped with a black cherry compote and chocolate flakes. <i>(503 kcal)</i>	
<b>WARM FRUIT &amp; NUT FLAPJACK</b> <i>vg</i>	<b>7.0</b>
Rich dark chocolate sauce with raspberry ripple ice cream. <i>(842 kcal)</i>	
<b>CORNISH ICE CREAM &amp; SORBETS</b>	<b>2.25</b>
Vanilla <i>v (135 kcal per scoop)</i>	
Chocolate <i>v (177 kcal per scoop)</i>	
Strawberry <i>v (160 kcal per scoop)</i>	
Salted caramel <i>v (193 kcal per scoop)</i>	
Banana <i>v (191 kcal per scoop)</i>	
Vegan raspberry ripple <i>vg (106 kcal per scoop)</i>	
Raspberry sorbet <i>vg (112 kcal per scoop)</i>	

### HOT DRINKS

<b>ESPRESSO</b> <i>(1 kcal)</i>	<b>2.35</b>
<b>DOUBLE ESPRESSO</b> <i>(2 kcal)</i>	<b>2.85</b>
<b>MACCHIATO</b> <i>(6 kcal)</i>	<b>2.50</b>
<b>AMERICANO</b> <i>(34 kcal)</i>	<b>2.35</b>
<b>CAPPUCCINO</b> <i>(157 kcal)</i>	<b>2.90</b>
<b>LATTE</b> <i>(151 kcal)</i>	<b>2.90</b>
<b>FLAT WHITE</b> <i>(100 kcal)</i>	<b>3.15</b>
<b>MOCHA</b> <i>(279 kcal)</i>	<b>3.05</b>
<b>ICE COFFEE</b> <i>(151 kcal)</i>	<b>2.35</b>
<b>POT OF TEA</b> <i>(32 kcal)</i>	<b>2.25</b>
<b>HERBAL OR FRUIT INFUSION</b> <i>(0 kcal)</i>	<b>2.85</b>
<b>HOT CHOCOLATE</b> <i>(297 kcal)</i>	<b>3.25</b>
<b>DELUXE HOT CHOCOLATE</b> <i>(417 kcal)</i>	<b>3.65</b>

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.*