

GLUTEN-AVOIDING MENU

Whilst we strive to ensure that all ingredients used within the dishes on this menu are gluten free, dishes are made in an environment which does contain gluten and therefore we cannot guarantee the complete absence of gluten within this menu.

STARTERS

SEASONAL SOUP	6.5	WHIPPED GOAT'S CHEESE & BEETROOT	7.0
Gluten-free bun and Cornish butter. <i>v, vg option</i>		Goat's cheese bonbon, marinated winter beets and pistachio crumb. <i>v</i>	
CHICKEN LIVER & BRANDY PARFAIT	7.0	LOCALLY SOURCED STEAMED MUSSELS	8.0
Spiced tomato chutney, Cornish Gouda & herb crumb, and toasted gluten-free bread.		Rattler cider, leek & cream sauce and a gluten-free bun.	

PUB CLASSICS

6OZ HAND-PRESSED BURGER	14.0	COD & CHIPS	15.0
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.		Atlantic cod in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce and lemon.	
WEST COUNTRY 8OZ SIRLOIN STEAK	21.0	<i>20p from every portion of Cod & Chips sold is donated to the St Austell Brewery Charitable Trust, supporting charities, good causes and individuals in need across the South West.</i>	
Garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, rocket & Cornish Gouda salad and chips.		VEGAN 'COD' & CHIPS	13.0
Add Shell-On Black Tiger Prawns in Garlic & Chive Butter	+4.0	Instead of cod, we coat banana blossom in a St Austell Ale & seaweed batter with crushed minted peas, vegan tartare sauce and lemon. <i>vg</i>	
Add Peppercorn Sauce	+3.0	LOCALLY SOURCED STEAMED MUSSELS	16.0
		Rattler cider, leek & cream sauce, gluten-free bun and fries.	

DESSERTS

WARM TRIPLE CHOCOLATE BROWNIE	6.0	CORNISH ICE CREAM & SORBET	2.0
Berries, clotted cream, meringue. <i>v</i>		Vanilla, chocolate, strawberry, salted caramel, vegan raspberry ripple or passion fruit sorbet. <i>v, vg option</i>	
LEMON CURD BRÛLÉE TART	6.5		
Winter berries, clotted cream and meringue. <i>v</i>			
VANILLA BEAN MOUSSE CAKE	6.0		
Winterberry compote. <i>vg</i>			

v - vegetarian · vg - vegan



NIBBLES

OLIVES	<i>vg</i>	3.5
CHORIZO BITES		5.0
PADRÓN PEPPERS		4.0
Cornish sea salt. <i>vg</i>		

MAINS

SLOW-ROASTED BEEF SHORT-RIB	16.5
Horseradish mashed potato, carrots, tenderstem broccoli, crispy leeks and caramelised onion gravy.	
PAN-FRIED CHICKEN SUPREME	14.0
Wild mushroom sauce, sautéed woodland mushrooms, Parmesan polenta and wilted spinach.	
ROASTED BUTTERNUT SQUASH RISOTTO	12.0
Parmesan tuile and crispy sage. <i>v, vg option</i>	

SIDES

FRIES OR CHIPS	<i>vg</i>	3.5
CHEESY CHIPS	<i>v</i>	4.5
MASHED POTATO	<i>vg</i>	3.0
TENDERSTEM BROCCOLI & TOASTED ALMONDS	<i>vg</i>	3.0
GEM LETTUCE WEDGE	<i>v</i>	3.0
Blue cheese sauce.		
APPLE & CELERIAC REMOULADE	<i>v</i>	3.5

