

SAMPLE MENU

NIBBLES

Homemade Tortilla Chips and Dips £6.95

with roasted garlic pesto, beetroot and rosemary hummus, and garlic aioli
(do, no, v, veo)

Mezze Board £7.95

beetroot and rosemary hummus, feta, roquito peppers, and artisan crackers
(go, do, nf, v, veo)

Mediterranean Mixed Olives £6.95

mixed pitted Mediterranean olives
(gf, df, nf v, ve)

Ham Hock Fritters £7.95

with piccalilli
(df, nf)

STARTERS

Three Grilled Half Shell Scallops £14.95

with lemon and garlic butter, samphire, lemon and parsley crumb, and focaccia
(go, nf)

Watermelon and Feta Salad £9.95

with heritage tomatoes, a mint and mixed leaves salad, with a lemon and honey vinaigrette, served with toasted sourdough croutons
(go, do, nf, v, veo)

Crab Nachos £12.95

white crab, homemade tortilla chips, sour cream, cheddar cheese and roquito peppers
(do, nf)

Honey Glazed Chorizo Bites £10.95

slow roasted chorizo in a tomato and confit garlic sauce, served with toasted sourdough
(df, nf)

Soup of the Day £9.95

please see today's specials
(go, do, nf, v, veo)

Salt and Pepper Squid £9.95

with garlic aioli and lemon
(gf, nf)

Cornish Mussels £12.95

mussels cooked in white wine, leeks and bacon, served with homemade focaccia
(go, do, nf)

SALADS

Watermelon and Feta Salad £14.95

with heritage tomatoes, a mint and mixed leaves salad, with a lemon and honey vinaigrette, served with toasted sourdough croutons
(go, do, nf, v, veo)

Caesar Salad £14.95

baby gem lettuce, soft boiled egg, sourdough croutons, parmesan, Caesar dressing, and anchovies
(go, do, nf, v, veo)

Add grilled chicken £6.95 (go, do, nf)

Add halloumi £3.95 (go, nf, v)

MAINS

Tregarthen's Fish Pie £25.95

locally sourced fish and seafood, parmesan and cheddar mash, seasonal greens and lemon
(gf, nf)

Chicken Schnitzel £23.95

with a parmesan and herb crumb, roasted garlic mash, seasonal greens, and caper beurre noisette
(go, nf)

Catch of the Day

please see the daily specials menu

Cornish Mussels £25.95

mussels cooked in white wine, leeks and bacon, served with sea salt and black pepper fries, and homemade focaccia
(go, do, nf)

Wild Mushroom Tagliatelle £19.95

roasted garlic pesto cream sauce, finished with truffle oil and parmesan crisp
(do, no, v)

Seafood Tagliatelle £25.95

haddock, squid, prawns, mussels, cooked in slow roasted garlic, basil and tomato sauce served with homemade focaccia
(do, nf)

Sweet Potato and Goats Cheese Pie £22.95

with roasted garlic mash, gravy, and seasonal greens
(nf, v)

Tregarthen's Beef Burger £22.95

two 4oz beef patties, tomato, gherkin, lettuce, bacon, burger sauce and Cornish cheddar cheese in a brioche bun, served with an onion ring and sea salted fries
(go, nf)

Vegetarian Burger £20.95

plant based chicken, halloumi, avocado, tomato, gherkin, lettuce, sweet chilli jam in a brioche bun, served with an onion ring and sea salted fries
(go, do, nf)

Fish and Chips £22.95

beer-battered locally sourced fish, with minted crushed peas, triple-cooked chips, tartare sauce, lemon, and samphire
(go, do, nf)

Pan Seared Duck Breast £22.95

rosemary and thyme fondant potato, tender stem broccoli, butternut squash puree, red wine jus, and cherry gel
(gf, nf, do)

Sausage and Mash £20.95

pork and leek sausages, with creamy mash, tenderstem broccoli, and a caramelised onion gravy
(nf)

Beef Bourguignon Pie £22.95

with roasted garlic mash, seasonal greens, and red wine jus
(nf, vo)

SIDES

Triple Cooked Chunky Chips

£5.95

(gf, df, nf, v, ve)

Seasonal Greens £5.95

please ask for today's selection

(gf, do, nf, v, veo)

Sea Salt and Black Pepper

Fries £5.95

(gf, df, nf, v, ve)

Beer Battered Onion Rings £5.95

(gf, df, nf, v, ve)

Halloumi Fries £8.95

with sweet chilli jam

(gf, nf, v)

Mixed Salad £5.95

(gf, do, nf, v, veo)

Roasted Garlic Mash £5.95

(gf, nf, v)

Allergen Key

gf: no gluten-containing ingredients go: gluten free option nf: nut free no: nut free option df: dairy free

do: dairy free option v: vegetarian vo: vegetarian option ve: vegan veo: vegan option