

# MENU

## Tregarthen's Small Plates: (£8 each or choose 3 for £20)

**Salt and Chilli Squid** with saffron aioli (gf, do, nf, lo)

**Homemade Hummus** with popped chickpeas and flatbread (go, df, nf, v, ve, lo)

**Halloumi Fries** served with dressed leaves and chilli jam (gf, nf, v)

**Patatas Bravas** – cubed potatoes and chorizo in a spiced tomato sauce with garlic aioli and bread (go, df, nf, lf, vo, veo)

**Kimchi Prawns** papaya, carrot, Chinese leaf (gf, df)

**Smoky Bean Stew** with crusty bread (go, nf, df, v, ve)

**Greek Salad** feta cheese, sliced cucumber, peppers, red onion and olives (go, nf, v, vo)

**Mushroom Arancini** with pesto (gf, nf, v, vo)

**Braised Chorizo** in Cornish cider (go, df, nf, lo, no)

## Sharers:

**British Charcuterie** selection of cured meats, antipasti, house pickles, hummus and chutneys with our signature bread (go, df, no, lo) **Single: £13.95 Sharer: £24.95**

## Burgers:

All of our burgers are served with beef tomato, baby gem lettuce, red onion and gherkins with a toasted bun, accompanied by skinny fries, beer battered onion ring and coleslaw.

**Classic Burger** two 4oz patties, smoked streaky bacon, burger relish and American cheese (go, do, no, lo) **£18.95**

**Chicken Burger** our house seasoned coated chicken, garlic aioli, smoked streaky bacon and Emmental (go, nf) **£17.95**

**Moving Mountains Burger** mushroom and beetroot pattie, burger relish with American cheese (v, do, nf, veo, lo) **£15.95**

## Classics:

**Tregarthen's Ale Beer Battered Fish and Chips** with chunky chips, minted pea purée, island curry sauce, tartar sauce and house pickles (go, df, nf) **£18.95**

**Chicken Caesar Salad** chicken supreme cooked on the grill with crispy skin, gem lettuce, pancetta crisps and anchovies, tossed in our house Caesar dressing and topped with herb baked croutons (go, do, nf) **£17.95**

**Sausage and Mash** seasonal vegetables and onion gravy (nf) **£17.95**

## **Mains:**

**Grill of The Day** please see today's Specials Menu **Market Priced**

**Aubergine Miso Steak** chunky chips, confit vine tomatoes, mushrooms, rocket and parmesan salad (gf, do, nf, ve, lo) **£19.95**

**Butternut Squash Gnocchi** blue cheese crumb, basil cream, roasted cashew nuts, butternut squash balls (no, v) **£17.95**

**Pork Tenderloin** black pudding croquet, green vegetables, duo of apple, cider jus (go, do, nf) **£23.95**

**Duck Breast** fondant potato, green vegetables, charred corn, sweetcorn puree, red wine jus (gf, nf, df) **£26.95**

**Catch of The Day** please see today's Specials Menu **Market Priced**

## **Sides:**

**Seasonal Vegetables and Garlic Butter** (gf, do, nf, lo, ve, lo) **£5.95**

**Chunky Chips** (gf, df, nf, ve, lf) **£5.95**

**Skinny Fries** (gf, df, nf, ve, lf) **£4.95**

**Coleslaw** (gf, df, ve) **£4.95**

**Green Salad, Herb Dressing** (gf, df, no, ve, lo) **£5.95**

**Beer Battered Onion Rings** (go, df, nf, ve, lo) **£5.95**

All items on our menu are subject to availability of fresh produce. Where possible we support our local community by using local produce. To help us cater for guests with food allergies or sensitivities, please inform us and we will make every effort to accommodate your needs. Our food is not prepared in a nut free environment.

Key: gf: no gluten containing ingredients go: gluten 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 lf – lactose free lo – lactose free option sy – contains soya

# DESSERT MENU

**Vanilla Panna Cotta** with home-made crumble and seasonal berries (nf) **£8.95**

**Lemon Posset** with a raspberry caviar, limoncello syrup and home-made clotted cream shortbread (go, nf, v) **£8.95**

**Black Forest Cheesecake** with black cherry gel, candied walnut brittle, berry selection (df, no, v, ve, lf,) **£8.95**

**Coconut and Pineapple Rum Crunch Crème Brûlée** (gf, nf, v) **£8.95**

**Chocolate Plate** – Cointreau and dark chocolate truffles, white chocolate meringue, milk chocolate and fudge brownie bites with Troytown Farm chocolate ice cream (go, do, nf, v) **£11.95 Sharer £16.95**

**Cheese Plate** – a selection of cheeses from the south west, with chutney selection, homemade bread, crackers and port-soaked grapes (go, no, v) **£12.95**

**Selection of St Agnes Ice Creams and Sorbets** with seasonal berries and meringue (gf, do, no, v, vo) **£6.95**

**Coffee and Petit Fours** - your choice of Cornish coffee and Chef's selection of sweet treats (please ask for dietary information) **£8.95**

Please ask for today's specials

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