

# MENU

## TO KEEP YOU GOING

**House Mixed Garlic and Paprika Nuts** (gf, df, v, ve) **£5.95**

**Mixed Olives** (gf, df, nf, v, ve) **£5.95**

**Home-Made Tortilla Chips and Dips** please see today's specials for dips (do, no, vo, veo) **£5.95**

## APPETISERS

**Soup of the Day** please see today's specials **£8.50**

**Three Grilled Half-Shell Scallops** your choice of chorizo and chilli butter or wild garlic and lemon butter, with a herb crumb (go, do, nf) **£13.95**

**Salt and Pepper Squid** with a Thai watermelon and herb salad and a soy, chilli and ginger dressing (gf, df, nf) **£11.95**

**Roasted, Pickled and Crispy Carrots** homemade hummus, vegan feta and toasted almond granola (gf, df, nf, v, ve) **£10.95**

**Ham Hock Terrine** caramelised apple purée, celeriac remoulade and apple matchsticks (gf, df, nf) **£9.95**

**Smoked Haddock Croquettes**, mushy pea mayonnaise, pea and shallot salsa and dill oil (gf, df, nf) **£9.95**

**Moules Marinière** white wine, cream and shallots with crusty bread (go, nf) **£11.95**

## CLASSICS

**Tregarthen's Burger** two 4oz beef patties, burger sauce relish, tomato, lettuce, bacon and Cornish Smuggler, topped with a frickle, served with salted fries and coleslaw (go, do, nf) **£21.95**

**Beer Battered Fish and Chips** with hand cut chips, minted crushed peas, home-made tartare sauce and charred lemon (gf, df, nf) **£21.95**

**Sausage and Mash** Cumberland ring, whipped mash, greens, caramelised onion jus (do, nf) **£19.95**

**Captain Tregarthen's Fish Pie** cod, hake, haddock, ling, prawn and salmon with Parmesan and cheddar topped mash, seasonal greens and carrots (gf, nf) **£21.95**

**Crispy Bubble and Squeak** crispy fried potato and vegetable cake, seasonal greens, butternut squash purée, grain mustard hollandaise and a soft poached hen's egg (go, df, nf, v, veo) **£18.95**

## **MAIN COURSES**

**Pan Roasted Chicken Supreme** potato terrine, tenderstem broccoli, Forestière sauce (gf, do, nf) **£27.95**

**Butternut Squash, Feta and Chilli Risotto** cavolo nero, herb oil and Parmesan shavings (do, no, v, veo) **£23.95**

**Fisherman's Catch of the Day** please see today's Specials menu **Market Priced**

**Slow Cooked Beef Short Rib** roasted garlic mash, roasted carrot, seasonal greens and red wine sauce (gf, do, nf) **£26.95**

**Thai Style Curried Monkfish** sliced fillet of monkfish, fragrant rice, mussels mouclade, chargrilled lime, fresh chillies (gf, df, no) **£27.95**

**Moules Frites** white wine, cream and shallots, crusty bread with salted fries (go, nf) **£25.95**

**Grill of the Day** please see today's Specials menu **Market Priced**

## **SIDES**

**Cornish Sea Salted Fries** (gf, df, nf, v, ve) **£4.95**

**Flash Greens** please ask for today's selection (gf, df, nf, v, ve) **£5.95**

**Beer Battered Onion Rings** (gf, df, nf, v, ve) **£5.95**

**Superfood Salad** quinoa, kale, pomegranate molasses, mixed nuts, sun dried tomatoes and broccoli (gf, df, no, v, ve) **£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