

SAMPLE MENU

NIBBLES

Ham Hock Fritters £7.95

With piccalilli
(df, nf)

Padron Peppers £7.95

Seasoned with Cornish sea salt
(gf, df, nf, v, ve)

Halloumi Fries £8.95

With chilli jam
(gf, nf, v)

Mixed Olives £6.95

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

Homemade Tortilla Chips and Dips £6.95

With guacamole, hummus and garlic aioli
(do, nf, v, veo)

STARTERS

Three Grilled Half Shell Scallops £13.95

With lemon and garlic butter, herb crumb and focaccia
(go, do, nf)

Cornish Mussels £11.95

Mussels cooked in cider, leeks and bacon,
served with focaccia
(go, do, nf)

Crab Arancini £11.95

With arrabbiata sauce,
parmesan and rocket
(nf)

Breaded Goats Cheese £10.95

With walnuts, pear, chicory and basil oil
(gf, no, v)

Soup of the Day £9.50

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

Roasted, Pickled and Crispy Carrots £9.95

With hummus, feta and an almond granola
(gf, df, no, v, ve)

Duck Confit £10.95

With charred watermelon, a soy, chilli and
ginger dressing and roasted cashews
(gf, df, no)

SALADS

Grilled Peach £10.95

Parma ham, buffalo mozzarella,
tomatoes, sourdough croutes and
rocket
(go, do, nf, vo)

Caesar Salad £12.95

Baby gem lettuce, soft boiled hens' egg,
croutons, parmesan and Caesar dressing

Add grilled chicken and anchovies £6.95

Add halloumi £4.95

(go, nf, vo)

Roasted Beetroot £11.95

Chickpeas, quinoa, almond
granola, harissa yoghurt, feta and
coriander
(gf, df, no, v, ve)

MAINS

Tregarthen's Fish Pie £22.95

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

Cauliflower and Chickpea Masala £18.95

Roasted cauliflower and chickpeas in a masala sauce, with basmati rice, poppadum and mango chutney
(gf, nf, v)

Chicken Schnitzel £24.95

With a parmesan and herb crumb, fried hen's egg, tenderstem broccoli and caper beurre noisette
(do, nf)

Cod Kiev £27.50

Cod fillet stuffed with wild garlic butter, served with creamy mash, roasted hispi cabbage and seaweed hollandaise
(nf)

Cornish Mussels £25.95

Mussels cooked in cider, leeks and bacon, served with seasoned fries and focaccia
(go, do, nf)

Moroccan Lamb £28.95

Moroccan spiced lamb leg steak, with warm couscous salad, pomegranate, harissa and cucumber yoghurt
(do)

Steak au Poivre £32.95

6oz beef fillet, with peppercorn sauce, seasoned fries, confit tomato and rocket
(gf, do, nf)

Artichoke and Sun-blushed Tomato Linguine £18.95

With chilli, parsley, garlic and parmesan
(go, do, nf, v, veo)

CLASSICS

Tregarthen's Burger £21.95

Two 4oz beef patties, tomato, lettuce, bacon and Cornish Smuggler cheese, with a frickle, seasoned fries and slaw
(go, do, nf)

Cajun Chicken Burger £20.95

Grilled chicken breast, tomato, lettuce, avocado, and grilled halloumi, with a frickle, seasoned fries and slaw
(go, do, nf)

Moving Mountains Burger £20.95

with burger sauce relish, tomato, lettuce, smoked applewood cheese, a frickle, seasoned fries and slaw
(do, nf, v, veo)

Fish and Chips £21.95

Beer-battered locally sourced fish, with minted crushed peas, triple-cooked chips, tartare sauce and lemon
(gf, df, nf)

Chicken Tikka Masala £22.95

Slow-cooked chicken thigh in a masala sauce, with basmati rice, poppadum and mango chutney
(gf, nf)

Sausage and Mash £19.95

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

Bubble and Squeak £18.95

Crispy potato and vegetable cake with a fried hen's egg, roasted hispi cabbage and a homemade brown sauce
(gf, nf, df, v, veo)

SIDES

Cornish Sea Salted Fries £5.95

With roasted garlic aioli and salsa brava
(gf, df, nf, v, veo)

Seasonal Greens £5.95

Please ask for today's selection
(gf, do nf, v, veo)

Cornish New Potatoes £5.95

With garlic and herb butter
(gf, do, nf, v, veo)

Beer Battered Onion Rings £5.95

(gf, df, nf, v, ve)

Mixed Salad £4.95

(gf, df, nf, v, ve)

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gf: no gluten-containing ingredients go: gluten free option nt: nut tree no: nut tree option df: dairy free
do: dairy free option v: vegetarian vo: vegetarian option ve: vegan veo: vegan option