

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**

Pan Seared Scallops pickled charred Romanesco, cauliflower purée, hog's pudding bon bon, scallop roe dust (go, do, nf) **£12.95**

Salt and Pepper Squid fresh chillies, garlic aioli (gf, df, nf) **£10.95**

Crispy Korean Cauliflower Wings sticky BBQ sauce, fresh chillies and spring onion (gf, df, nf, v, ve) **£8.95**

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

Pigeon Breast cooked in a water bath, with cabbage and bacon fricassée and cherry jus (gf, df, nf) **£10.95**

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, no) **£21.95**

Beer Battered Fish and Chips with hand cut chips, pea purée, pickled onion, 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**

Bubble and Squeak pan fried medley of vegetables with potato, flash greens, butternut squash purée, soft poached egg (gf, df, nf, v, veo) **£18.95**

MAIN COURSES

Sous Vide Duck Breast Pommes Anna, butternut squash purée, cavolo nero, orange infused rainbow carrots (gf, df, nf) **£29.95**

Home-Made Butternut, Feta, Leek and Chilli Pie whipped mash, seasonal greens, beetroot jus (no, v, ve) **£23.95**

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

Slow Braised Beef Daube charred braised banana shallot with bone marrow crumb, garlic roasted Hasselback potatoes, greens, miso aioli (gf, nf) **£27.95**

Thai Style Curried Monkfish sliced fillet of monkfish, fragrant rice, mussels mouclade, chargrilled lime, fresh chillies (gf, df, no) **£26.95**

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, 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

DESSERT MENU

Lemon Posset berry compote, home-made clotted cream shortbread (go, nf, v) **£8.95**

Dark Chocolate Torte candied walnuts, cherry gel, St Agnes berry sorbet, syrup infused cherries (df, no, v, ve) **£9.95**

Earl Grey and Date Sticky Toffee Pudding Cornish sea salted caramel sauce, St Agnes vanilla ice cream (nf, v) **£9.95**

Cheese Plate – a selection of cheeses from the South West, chutney, artisan crackers, port-soaked grapes and sliced apple (go, no, v) **£12.95**

Selection of St Agnes Ice Creams and Sorbets shortbread crumb (go, do, no, v, veo) **£7.95**

Coffee and Petit Fours - your choice of Cornish coffee and Chef's selection of sweet treats (please ask for dietary information) **£9.95**

Please ask for today's specials

DESSERT COCKTAILS/DRINKS

Cheesecake Martini Frangelico, Amaretto, cream, shortbread crumb (go, v) **£11.95**

Liqueur Coffee ask your server for selection

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