

LUNCH MENU

Monday to Saturday 12 - 15:30

ALL DAY BREAKFAST

FULL CORNISH £12.95

2 Trevarthen breakfast sausages, 2 bacon rashers, 2 fried eggs, mushroom, grilled tomato, sautéed potatoes, baked beans & toast. (G) (E) (SU)

HALF CORNISH £10.50

1 Trevarthen breakfast sausage, 2 bacon rashers, 2 fried eggs, grilled tomato & baked beans.

(G) (E) (SU)

VEGGIE BREAKFAST, £11.95

2 fried eggs, halloumi, grilled tomato, mushroom, sautéed potatoes & baked beans (V) (E) (D)

VEGAN BREAKFAST £10.95

Sautéed potatoes, tomato, mushroom, beans, avocado and toast.

AVOCADO & POACHED EGGS £7.95

Toasted sour dough, 2 poached eggs and avocado. (G) (E) (D)

ADD BACON £2.00

ADD CHORIZO £2.00

ADD PESTO, FETA, HONEY & ROCKET £2.00

LIGHTER MEALS

HUMMUS £8.50

warmed flatbread, Olive oil & Balsamic dip (G)(SE)(SU)

QUICHE OF THE DAY £9.95

Homemade quiche with side salad (G) (E) (D) (S)

SOUP OF THE DAY £6.95

Homemade soup with toasted ciabatta (G) (D)

PRAWN & AVOCADO SALAD £12.95

With cos lettuce, cucumber, cherry tomatoes and a dressing marie rose sauce (CT) (E) (F) (C) (G)

JACKET POTATOES

BAKED POTATO WITH CHEESE & BEANS £8.95

Served with a fresh salad garnish (D) (MT) (S)

BAKED POTATO WITH TUNA MAYONNAISE £10.95

With sweetcorn and salad garnish (E) (D) (F) (SU) (S)

BAKED POTATO WITH CHILLI BEEF £10.95

Served with a fresh salad garnish (SU) (S)

MAINS

BEER-BATTERED COD AND CHUNKY CHIPS £14.50

with peas and tartare sauce (G) (E) (F) (MT) (SU)

TREWAY FARM 4OZ GLUTEN FREE BURGER £13.95

brioche roll, little gem lettuce, beef tomato, red onion and mayonaise, served with fries (E)

Gluten free roll available

ADD SMOKEY BACON FOR £2.00

ADD CHEESE FOR £1.00 (D)

HAND-CARVED HAM £13.50

2 fried eggs and chips (E)

GRILLED CORNISH SEABASS FILLET £14.95

with Cornish new potatoes, samphire, green beans and sugar snap peas, with a lobster bisque sauce (F) (D) (CT) (ML)

STEAK CIABATTA £12.95

red onion marmalade, rocket and fries.

Served pink or well done (G)

KOREAN CHICKEN BURGER £13.95

floured white bap, gochujang mayo, little gem lettuce, beef tomato, kimchi style slaw and fries (E) (G)

SANDWICHES

TOMATO, PESTO, MOZZARELLA £8.95

Toasted sourdough sandwich, served

with salad (D) (G) (N) (SU) (S)

BACON, BRIE & CHILLI JAM £9.95

Toasted sourdough sandwich, served

with salad (G) (D) (SU) (S)

BLT £9.95

Smokey bacon, little gem, tomato and mayo

in a ciabatta served with salad (E) (G) (SU) (S)

SIDES

FRIES OR CHUNKY CHIPS £4.50

FLATBREAD (G) £3.50

SEASONAL VEGETABLES £4.50

COLESLAW (E) £2.50

SIDE SALAD £4.95

rocket, cherry tomatoes, house salad dressing (D) (SU)

THESE SYMBOLS MEAN OUR DISHES CONTAIN THE FOLLOWING ALLERGENS:

(V) VEGETARIAN (G) GLUTEN (D) DAIRY (SU) SULPHITES (F) FISH (CT) CRUSTACEANS (MT) MUSTARD (E) EGG (N) NUTS (C) CELERY (ALC) ALCOHOL (S) SOYA (ML) MOLLUSCS

ALL OUR DISHES CONTAIN SALT. IF YOU REQUIRE A DISH WITHOUT, PLEASE SEE A MEMBER OF STAFF. PLEASE NOTE HOWEVER, THAT WE CANNOT GUARANTEE THAT OUR DISHES ARE FREE FROM TRACE ALLERGENS.