

LUNCH MENU

Sunday 12 - 15:00

SUNDAY ROAST

PLEASE CHECK OUR SUNDAY SPECIALS BOARD FOR TODAY'S ROAST SELECTION

ALL ROAST SERVED WITH ROAST POTATOES, CAULIFLOWER CHEESE AND SEASONAL VEGETABLES

£15.95

MAINS

BEER-BATTERED COD AND CHUNKY CHIPS £14.50

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

HAND-CARVED HAM £13.50

2 fried eggs and chips (E)

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) (S)

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 sourdough, 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

marie rose sauce (CT) (E) (F) (C) (G)

SUNDAY SPECIAL

SUNDAY ROAST CIABATTA

served with a side salad (G) (D) (SU) (S)

£9.95

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)

ROAST POTATOES £4.50

SEE OUR SPECIAL BOARD FOR TODAY'S HOMEMADE DESSERTS

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.