

# MENU

## nibbles

<b>OLIVES</b> <i>vg, gf</i>	<b>3.5</b>	<b>PADRÓN PEPPERS</b> Cornish sea salt. <i>vg, gf</i>	<b>4.0</b>
<b>BAKER TOM'S ROSEMARY &amp; SEA SALT FOCACCIA</b> olive oil, balsamic vinegar. <i>vg</i>	<b>4.0</b>		

## starters

<b>SEASONAL SOUP</b> bloomer wedge, Cornish butter. <i>v, vg option, gf option</i>			<b>6.5</b>
<b>PINEAPPLE-CUT CALAMARI</b> sweet chilli & coriander mayo, lemon.			<b>8.0</b>
<b>CHICKEN LIVER &amp; BRANDY PARFAIT</b> spiced tomato chutney, Cornish Gouda & herb crumb, toasted rosemary & sea salt focaccia. <i>gf option</i>			<b>7.0</b>
<b>CAULIFLOWER, CHARD &amp; LEEK RAVIOLI</b> basil pesto, red amaranth. <i>vg</i>			<b>7.0</b>
<b>WARM HAND-PICKED CRAB TART</b> white and brown crab meat, red jalapeños, Hollandaise sauce. <i>gf</i>			<b>9.0</b>

## salads

## mains

<b>MARKET FISH</b> please ask for today's catch.			<b>17.0</b>
<b>BEETROOT FALAFEL &amp; TOASTED ALMOND SALAD</b> dressed mixed leaf, quinoa, cucumber, cherry tomato, red onion, beetroot, green beans, red drop peppers, basil dressing. <i>vg</i>			<b>12.0</b>
<b>PAN-FRIED CHICKEN SUPREME</b> wild mushroom sauce, sautéed woodland mushrooms, Parmesan polenta, wilted spinach. <i>gf</i>			<b>14.5</b>
<b>FENNEL SEED ROASTED SQUASH</b> lentils, avocado & basil purée. <i>vg, gf</i>			<b>11.0</b>
<b>MOROCCAN LAMB TAGINE</b> coriander couscous, minted yoghurt.			<b>15.0</b>

## pub classics

<b>6OZ HAND-PRESSED BURGER</b> in a glazed bun with our own burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled red onion, gem lettuce, chorizo & sweet chilli jam, fries. <i>gf option</i>			<b>14.0</b>
<b>COD &amp; CHIPS</b> Atlantic cod in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce and lemon. <i>vg option, gf</i> <i>20p from every portion of Cod &amp; Chips sold is donated to the St Austell Brewery Charitable Trust, supporting charities, good causes and individuals in need across the South West.</i>			<b>15.0</b>

## for our vegan diners...

Instead of cod, we coat banana blossom in a St Austell Ale & seaweed batter with crushed minted peas, vegan tartare sauce and lemon. <i>vg, gf</i>			<b>13.0</b>
<b>WEST COUNTRY 8OZ SIRLOIN STEAK</b> garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, rocket & Cornish Gouda salad, chips. <i>gf</i> <b>+ Peppercorn Sauce 3.0 gf / + Shell-On Black Tiger Prawns in Garlic &amp; Chive Butter 4.0 gf</b>			<b>23.0</b>
<b>LOCALLY SOURCED STEAMED MUSSELS</b> Rattler cider, leek & cream sauce, bloomer wedge, fries. <i>gf option</i>			<b>16.0</b>

*sides*

<b>FRIES</b> <i>vg, gf</i>	<b>3.5</b>	<b>ROASTED WINTER VEG</b> <i>vg, gf</i>	<b>4.0</b>
<b>CHIPS</b> <i>vg, gf</i>	<b>3.5</b>	<b>APPLE &amp; CELERIAC REMOULADE</b> <i>v, gf</i>	<b>3.5</b>
<b>GARLIC CIABATTA</b> <i>v</i>	<b>3.5</b>	<b>TENDERSTEM BROCCOLI &amp; TOASTED ALMONDS</b> <i>vg, gf</i>	<b>3.0</b>
<b>GARLIC CIABATTA &amp; CHEESE</b> <i>v</i>	<b>4.5</b>		



*desserts*

<b>DARK CHOCOLATE MOUSSE</b> Cornish fairing, berries, mint. <i>v, gf option</i>	<b>6.0</b>
<b>STICKY TOFFEE PUDDING</b> salted caramel ice cream. <i>v</i>	<b>6.5</b>
<b>ROSEMARY &amp; BUTTERMILK PANNA COTTA</b> Cornish fairing, winter berries. <i>gf option</i>	<b>6.5</b>
<b>VANILLA BEAN MOUSSE CAKE</b> winterberry compote. <i>vg, gf</i>	<b>6.0</b>
<b>TRELEAVENS LUXURY CORNISH ICE CREAM &amp; SORBET</b> vanilla, chocolate, strawberry, salted caramel, vegan raspberry ripple, passion fruit sorbet. <i>v, vg option, gf</i>	<i>per scoop</i> <b>2.0</b>
<b>WEST COUNTRY CHEESE BOARD</b> Selection of three West Country cheeses served with crackers, spiced tomato chutney, grapes and celery. Please ask your server for details.	<b>9.5</b>

-

**DESSERT WINE** a perfect pairing for something sweet. *Please ask for details.*

*coffee*

<b>ESPRESSO</b>	<b>2.25</b>
<b>DOUBLE ESPRESSO</b>	<b>2.75</b>
<b>MACCHIATO</b>	<b>2.40</b>
<b>AMERICANO</b>	<b>2.25</b>
<b>CAPPUCCINO</b>	<b>2.80</b>
<b>LATTE</b>	<b>2.80</b>
<b>FLAT WHITE</b>	<b>3.05</b>
<b>MOCHA</b>	<b>2.95</b>
<b>ICE COFFEE</b>	<b>2.25</b>

*tea*

<b>HERBAL/FRUIT INFUSION</b>	<b>2.85</b>
<b>POT OF TEA</b>	<b>2.25</b>
<i>hot chocolate</i>	
<b>HOT CHOCOLATE</b>	<b>3.15</b>
<b>DELUXE HOT CHOCOLATE</b>	<b>3.55</b>



*Guests with allergies - All our allergen information is available upon request. Please let your server know about any allergy or intolerance you may have. We take steps to minimise the risk of cross-contamination when preparing your food, however we do not have specific allergen-free zones in our kitchens. Therefore it is not possible for us to guarantee separation of all allergens. v - vegetarian, vg - vegan, gf - gluten free ingredients*

*Supporting Local Suppliers - We take pride in the provenance of our ingredients, sourcing local South West produce from: Etherington Meat Co., S&J Fisheries, Baker Tom's Bread, Tilley's Gluten Free Bakery & Chocolate House, Treleavens Luxury Cornish Ice Cream, Cornish Coffee*

*Hope & Anchor is proud to be part of St Austell Brewery's Pubs, Inns & Hotels collection. If you would like to find out more about us or explore other St Austell Brewery outlets across the South West, visit [www.staustellbrewery.co.uk](http://www.staustellbrewery.co.uk)*