

GLUTEN-AVOIDING MENU

Whilst we strive to ensure that all ingredients used within the dishes on this menu are gluten free, dishes are made in an environment which does contain gluten and therefore we cannot guarantee the complete absence of gluten within this menu.

nibbles

OLIVES <i>vg</i>	3.5
CHORIZO BITES	5.0
PADRÓN PEPPERS Cornish sea salt. <i>vg</i>	4.0

starters

SEASONAL SOUP gluten-free bun, Cornish butter. <i>v, vg option</i>	6.5
LOCALLY SOURCED STEAMED MUSSELS Rattler cider, leek & cream sauce, gluten-free bun.	9.0
CHICKEN LIVER & BRANDY PARFAIT spiced tomato chutney, Cornish Gouda & herb crumb, and toasted gluten-free bread.	7.0
GLUTEN-FREE PANKO BELLY PORK celeriac & apple remoulade, sweet chilli & chorizo jam.	8.0



mains

BEETROOT & GOAT'S CHEESE RISOTTO roasted golden beetroot, rocket. <i>v</i>	12.0
PAN-FRIED CHICKEN SUPREME wild mushroom sauce, sautéed woodland mushrooms, Parmesan polenta, wilted spinach.	14.5
FENNEL SEED ROASTED SQUASH lentils, avocado & basil purée. <i>vg</i>	11.0

pub classics

6OZ HAND-PRESSED BURGER in a gluten-free bun with our own burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled red onion, gem lettuce, chorizo & sweet chilli jam, fries.	14.0
COD & CHIPS Atlantic cod in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce and lemon. <i>20p from every portion of Cod & Chips sold is donated to the St Austell Brewery Charitable Trust, supporting charities, good causes and individuals in need across the South West.</i>	15.0
VEGAN 'COD' & CHIPS 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</i>	13.0
WEST COUNTRY 8OZ SIRLOIN STEAK garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, rocket & Cornish Gouda salad, chips. + Peppercorn Sauce 3.0 + Shell-On Black Tiger Prawns in Garlic & Chive Butter 4.0	23.0
LOCALLY SOURCED STEAMED MUSSELS Rattler cider, leek & cream sauce, gluten-free bun, fries.	16.0

sides

FRIES <i>vg</i>	3.5	RED WINE SAUCE	3.5
CHIPS <i>vg</i>	3.5	APPLE & CELERIAC REMOULADE <i>v</i>	3.5
TENDERSTEM BROCCOLI & TOASTED ALMONDS <i>vg</i>	3.0	CREAMED LEEK & SPINACH <i>v</i>	3.5



desserts

DARK CHOCOLATE MOUSSE banana chips, berries, mint. <i>v</i>	6.0
LEMON CURD BRÛLÉE TART winter berries, clotted cream, meringue. <i>v</i>	6.5
COCONUT RICE PUDDING Cointreau marmalade, sweet dukkah. <i>vg</i>	6.0
TRELEAVENS LUXURY CORNISH ICE CREAM & SORBET vanilla, chocolate, strawberry, salted caramel, vegan raspberry ripple, passion fruit sorbet. <i>v, vg option</i>	per scoop 2.0

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

coffee

ESPRESSO	2.05
DOUBLE ESPRESSO	2.55
MACCHIATO	2.20
AMERICANO	2.05
CAPPUCCINO	2.60
LATTE	2.60
FLAT WHITE	2.85
MOCHA	2.75
ICE COFFEE	2.05

tea

HERBAL/FRUIT INFUSION	2.65
POT OF TEA	2.05
<i>hot chocolate</i>	
HOT CHOCOLATE	2.95
DELUXE HOT CHOCOLATE	3.35



We are 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