

# SUNDAY

## Bar Snacks & Starters

|  |            |
|--|------------|
| <b>Salt &amp; Pepper Squid</b>   | <b>8.9</b> |
| Tartare sauce, roasted lemon   |            |
| <b>Chicken Wings</b>   | <b>7.5</b> |
| Sweet chilli glaze, spring onion <i>DF</i>                                     |            |
| <b>Olives</b>  | <b>6.5</b> |
| Heat, herbs, citrus <i>DF, GF, VG</i>  |            |
| <b>Minestrone Soup</b>   | <b>7.5</b> |
| Focaccia, Cornish butter <i>DFR, VG</i>  |            |
| <b>Goats Cheese Tart</b>   | <b>8</b>   |
| Caramelised red onion, rocket, basil <i>V</i>                                  |            |
| <b>Bang Bang Chicken</b>   | <b>8</b>   |
| Grilled chicken, iceberg lettuce, tomato, our secret recipe sauce <i>DF/GF</i> |            |

## Inn For All Seasons Carvery

A selection of locally sourced, slow cooked meats varying between RJ Trevarthan beef, turkey, pork & gammon. A choice of fresh vegetables, roast potatoes, cauliflower cheese, Yorkshire puddings, stuffing & signature gravy.

Large **19.95** | Standard **17.95** | Nut Roast **17.95**  
Small **15.95** | Vegetable **15.95** | Childrens **12.95**

## House Sides

|   |          |
|---|----------|
| Chunky Chips with Rosemary Sea Salt <i>GF, VG</i> | <b>5</b> |
| Beer Pickled Double Crisp Onion Rings <i>VG</i>   | <b>5</b> |
| Fries with Rosemary Sea Salt <i>GF, VG</i>        | <b>5</b> |
| House Slaw <i>V</i>                               | <b>4</b> |
| Garlic Focaccia <i>V</i>                          | <b>6</b> |
| Rocket, Caramelised Red Onion & Sundried          | <b>7</b> |
| Tomato Salad <i>GF, VG</i>                        | <b>7</b> |
| Pigs in Blankets                                  | <b>6</b> |

## To Finish

|   |            |
|---|------------|
| <b>Sticky Toffee Pudding</b>                    | <b>7</b>   |
| Caramel sauce, honeycomb, vanilla ice cream     |            |
| <b>Lemon Posset Tart</b>                        | <b>7</b>   |
| Mixed berries, meringue shards, mint            |            |
| <b>Chocolate Brownie</b>                        | <b>8.5</b> |
| Clotted cream, raspberries <i>GF, VG</i>        |            |
| <b>Callestick Cornish Ice Cream</b>             | <b>3.2</b> |
| A selection of flavours served in a theatre tub |            |

## Mains

|  |             |
|--|-------------|
| <b>Fish &amp; Chips</b>  | <b>17</b>   |
| Beer battered catch of the day, chunky chips, crushed peas, roasted lemon, tartare sauce <i>DF</i> |             |
| <b>Signature Burger</b>  | <b>16</b>   |
| 6oz patty, brioche bun, rocket, caramelised red onion, tomato, rosemary fries <i>DF, GFR</i>       |             |
| Double up - <b>3</b>   Add bacon or cheese - <b>1.5 each</b>                                       |             |
| <b>Beef, Chilli &amp; Garlic Flatbread</b>   | <b>17.5</b> |
| Homemade flatbread, sliced beef, peppers, tzatziki, rocket   |             |
| <b>'Moving Mountains' Burger</b>   | <b>15.5</b> |
| Brioche bun, rocket, caramelised onion, tomato, rosemary fries <i>GFR, VG</i>                      |             |
| <b>Gammon, Egg &amp; Chips</b>   | <b>17.5</b> |
| 10oz RJ Trevarthan gammon steak, free range egg, watercress, chunky chips <i>DF, GF</i>            |             |
| <b>Scampi</b>  | <b>17</b>   |
| Chunky chips, crushed peas, roasted lemon, tartare sauce   |             |
| <b>Thai Red Curry</b>  |             |
| Onion, peppers, tomato, bok choy, steamed rice, coriander, poppadoms <i>DF, VG</i>                 |             |
| Monkfish - <b>19.5</b>   Chicken - <b>17.5</b>   Mixed vegetable - <b>16.5</b>                     |             |
| <b>Wild Mushroom &amp; Tarragon Spaghetti</b>  | <b>16.5</b> |
| Parmesan, rocket, herb oil <i>V</i>  |             |
| Add chicken - <b>2.5</b>   |             |
| <b>Sirloin Steak</b>   | <b>27</b>   |
| 8oz RJ Trevarthan sirloin, chunky chips, steak tomato, watercress <i>DF, GF</i>                    |             |
| Add a peppercorn or mushroom & tarragon sauce  |             |
| <b>Seabass Minestrone</b>  | <b>19</b>   |
| Homemade chunky veg & pasta stew, rocket <i>DF</i>   |             |
| <b>Hunter's Chicken</b>  | <b>16</b>   |
| Bacon, BBQ sauce, cheddar, chunky chips, coleslaw <i>GF</i>  |             |
| <b>Harissa Cauliflower Steak</b>   | <b>17</b>   |
| Roasted new potatoes, tzatziki, greens <i>GF, VG</i>   |             |
| <b>Shepherd's Pie</b>  | <b>16</b>   |
| RJ Trevarthan lamb in a rich red wine gravy, topped with mash potato, buttered greens <i>GF</i>    |             |

## Sunday Offer

Kids aged 12 & under eat free with any adult meal  
Ask your server for more information

Head Chef Dan & his team create our dishes using fresh local produce. Our aim is to provide fantastic food & support Cornish food providers & fisheries.

**Thank you for choosing to dine with us**

### Allergens & Intolerances

If you have any specific allergies or intolerances, let a member of staff know before placing your order. Our allergies matrix is available on request.

Key: (V) / Vegetarian (VG) / (GF) Gluten Free \ (DF) Dairy Free / (GFR) Gluten Free on Request / (DFR) Dairy Free on Request