

MENU

Bar Snacks & Starters

Salt & Pepper Squid

Tartare sauce, roasted lemon

Chicken Wings

Sweet chilli glaze, spring onion *DF*

Olives

Heat, herbs, citrus *DF, GF, VG*

Minestrone Soup

Focaccia, Cornish butter *DFR, VG*

Bang Bang Chicken

Grilled chicken, iceberg lettuce, tomato,
our secret recipe sauce *DF/GF*

House Sides

Chunky Chips with Rosemary Sea Salt *GF, VG*

Beer Pickled Double Crisp Onion Rings *VG*

Fries with Rosemary Sea Salt *GF, VG*

House Slaw *V*

Garlic Focaccia *V*

Rocket, Caramelised Red Onion & Sundried

Tomato Salad *GF, VG*

To Finish

Sticky Toffee Pudding

Caramel sauce, honeycomb, vanilla ice cream

Chocolate Brownie

Clotted cream, raspberries *GF, VG*

Callestick Cornish Ice Cream

A selection of flavours served in a theatre tub

Signature Carvery

Served every Saturday and Sunday

A selection of locally sourced, slow cooked meats varying between RJ Trevarthen 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**

Mains

8.9 **Fish & Chips** **17**

Beer battered catch of the day, chunky chips,
crushed peas, roasted lemon, tartare sauce *DF*

7.5 **Signature Burger** **16**

6oz patty, brioche bun, rocket, caramelised red onion,
tomato, rosemary fries *DF, GFR*

6.5 Double up - **3** | Add bacon or cheese - **1.5 each**

7.5 **Beef, Chilli & Garlic Flatbread** **17.5**

Homemade flatbread, sliced beef, peppers, tzatziki, rocket

'Moving Mountains' Burger **15.5**

Brioche bun, rocket, caramelised onion, tomato,
rosemary fries *GFR, VG*

Gammon, Egg & Chips **17.5**

10oz RJ Trevarthan gammon steak, free range egg,
watercress, chunky chips *DF, GF*

Scampi **17**

Chunky chips, crushed peas, roasted lemon, tartare sauce

Thai Red Curry

Onion, peppers, tomato, bok choy, steamed rice, coriander,
poppadoms *DF, VG*

Monkfish - **19.5** | Chicken - **17.5** | Mixed vegetable - **16.5**

Wild Mushroom & Tarragon Spaghetti **16.5**

Parmesan, rocket, herb oil *V*

Add chicken - **2.5**

8.5 **Sirloin Steak** **27**

8oz RJ Trevarthan sirloin, chunky chips, steak tomato,
watercress *DF, GF*

3.2 Add a peppercorn or mushroom & tarragon sauce

Hunter's Chicken **16**

Bacon, BBQ sauce, cheddar, chunky chips, coleslaw *GF*

Shepherd's Pie **16**

RJ Trevarthan lamb in a rich red wine gravy, topped with
mash potato, buttered greens *GF*

Chef Specials

Our Chefs craft fresh, seasonal specials daily. Check the boards or ask your server for today's creations.

Thank you for choosing to dine with us.

IFAS Restaurant WIFI Password - IFAS GUEST

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