

# 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*

### Soup Of The Day

Focaccia, Cornish butter *DFR, VG*

### Bang Bang Chicken

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

## House Sides

Chunky Chips with Cornish Sea Salt *GF, VG*

Beer Pickled Double Crisp Onion Rings *VG*

Fries with Cornish 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 & vanilla ice cream

### Chocolate Brownie

Cornish Clotted cream *GF, VG*

### Callestick Cornish Ice Cream

Selection of flavours, chocolate sauce, sprinkles & wafer

## Signature Carvery

### Served every Friday, 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 Smash Burger 16

2 x 3oz patties, brioche bun, rocket, fried onion, tomato,  
fries *DF, GFR*

Add bacon or cheese - **1.5 each**

### 8 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*

### 5 Gammon, Egg & Chips 17.5

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

### 4 Scampi 17

Chunky chips, crushed peas, roasted lemon, tartare sauce

### Thai Red Curry

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

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

### Wild Mushroom & Tarragon Spaghetti 16.5

Parmesan, rocket & lemon wedge *V*

Add chicken - **2.5**

### 8.5 Sirloin Steak 28

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

Add a peppercorn or mushroom & tarragon sauce - **1.5 each**

### 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