

SUNDAY

Bar Snacks & Starters

Salt & Pepper Squid	8.9
Tartare sauce & lemon	
Chicken Wings	7.5
Sweet chilli glaze, spring onion <i>DF</i>	
Soup Of The Day	7.5
Focaccia, Cornish butter <i>DFR</i> , <i>VG</i>	

Inn For All Seasons Carvery

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**

House Sides

Chunky Chips with Rosemary Sea Salt <i>GF</i> , <i>VG</i>	5
Beer Pickled Double Crisp Onion Rings <i>VG</i>	5
Fries with Rosemary Sea Salt <i>GF</i> , <i>VG</i>	5
House Slaw <i>V</i>	4
Garlic Focaccia <i>V</i>	6
Mixed Salad	7
Pigs in Blankets	5

To Finish

Sticky Toffee Pudding	7
Caramel sauce & vanilla ice cream	
Chocolate Brownie	8.5
Clotted cream, raspberries <i>GF</i> , <i>VG</i>	
Callestick Cornish Ice Cream	4.0
A selection of flavours, chocolate sauce & wafer	
Cake Cabinet	
A lovely selection of cakes, also available to takeaway	

Mains

Fish & Chips	17
Beer battered catch of the day, chunky chips, mint pea puree, lemon, tartare sauce <i>DF</i>	
Signature Burger	16
2 x 3oz patties, brioche bun, rocket, fried onion, tomato & fries <i>DF</i> , <i>GFR</i>	
Add bacon or cheese - 1.5 each	
'Moving Mountains' Burger	15.5
Brioche bun, rocket, caramelised onion, tomato, rosemary fries <i>VG</i>	
Gammon, Egg & Chips	17.5
R J Trevarthen Gammon steak with 2 x free range eggs, & chunky chips	
<i>DF</i> , <i>GF</i>	
Scampi	17
Chunky chips, crushed peas, roasted lemon, tartare sauce	
Wild Mushroom & Tarragon Spaghetti	16.5
Parmesan, rocket, herb oil <i>V</i>	
Add chicken - 2.5	
Sirloin Steak	27
8oz RJ Trevarthan sirloin, chunky chips, steak tomato, watercress <i>DF</i> , <i>GF</i>	
Add a peppercorn or mushroom & tarragon sauce	
Hunter's Chicken	16
Bacon, BBQ sauce, cheddar, chunky chips, coleslaw <i>GF</i>	
Shepherd's Pie	16
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

Our dishes are created using fresh local produce. Our aim is to provide fantastic food & support Cornish food providers & fisheries.

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