

MENU

Bar Snacks & Starters

Salt & Pepper Squid

Tartare sauce & lemon slice

Chicken Wings

Sweet chilli glaze, spring onion *DF*

Olives

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

Soup Of The Day

Focaccia, Cornish butter *DFR, VG*

House Sides

Chunky Chips with Cornish Sea Salt *GF, VG*

Crispy Onion Rings *VG*

Fries with Cornish Sea Salt *GF, VG*

House Slaw *V*

Garlic Focaccia *V*

To Finish

Sticky Toffee Pudding

Caramel sauce & vanilla ice cream

Chocolate Brownie

Cornish Clotted cream *GF, VG*

Callestick Cornish Ice Cream

Vanilla, Strawberry & Chocolate, chocolate sauce, sprinkles

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, mushy peas, lemon slice, tartare sauce *DF*

7.5

6.5 **Signature Burger** **16**

6oz burger, brioche bun, rocket, fried onion, tomato, homemade burger sauce & fries *DF, GFR*

Add bacon or cheese - **1.5 each**

7.5

'Moving Mountains' Burger **15.5**

Brioche bun, rocket, fried onion, tomato, homemade burger sauce & fries *VG*

Gammon, Egg & Chips **17.5**

10oz RJ Trevarthan gammon steak, free range egg, peas, onion rings & chunky chips *DF, GF*

Scampi **17**

Chunky chips, peas, lemon slice, salad garnish & tartare sauce

Thai Red Curry

Onion, peppers, tomato, boiled rice, coriander, poppadoms *DF, VG*

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

7 **Wild Mushroom & Tarragon Spaghetti** **16.5**

Parmesan, rocket & lemon wedge *V*

Add chicken - **2.5**

Sirloin Steak **28**

8oz RJ Trevarthan sirloin, chunky chips, steak tomato, peas & onion rings *DF, GF*

Add a peppercorn or mushroom & tarragon sauce - **2.0 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*

We work with Cornish suppliers to source the best local ingredients, from our kitchen to your table - enjoy your meal!

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