

GLUTEN-AVOIDING MENU

While we strive to ensure that all ingredients used for this menu are gluten-free, the dishes are made in an environment which contains gluten, so we can't guarantee the complete absence of gluten.

small
plates

3 FOR 15

Appetisers to share and savour, combining a variety of delicious styles and flavours.

FRIED BBQ WINGS **X5 6.0** (372 kcal)
Tender wings in a sweet honey glaze, with sesame seeds. ***X10 10.0** (751 kcal)
***X15 14.0** (1123 kcal)

PADRÓN PEPPERS (VG) **5.5**
Cornish sea salt. (61 kcal)

BEETROOT FALAFELS (VG) **5.5**
Warm falafels paired with a simple, yet delicious tahini & herb vegan yoghurt. (283 kcal)

LOADED FRIES
Fries covered with cheese sauce, fiery jalapeños, and a tasty topping of your choice:

BBQ PULLED JACKFRUIT (V+VG OPTION) (1422 kcal) **6.0**
BEEF CHILLI (1538 kcal) **6.0**

*not included in 3 for £15 deal.

BIG PLATES

FISH + FRIES **14.5**
Coated in a St Austell Ale & seaweed batter, garden or mushy peas, tartare sauce, lemon. (1831 kcal)

8OZ FLAT IRON STEAK + FRIES **15.5**
Flat iron steak with slaw, fries, and chive & garlic butter. (1652 kcal)

STEAK SAUCES - 3.0 EACH

Peppercorn (56 kcal) / Mushroom (V) (81 kcal)
Blue cheese (V) (114 kcal)

CHILLI CON CARNE **13.0**
Guacamole, sour cream, and rice. (1679 kcal)

RACK OF BBQ RIBS **14.0**
Sweet and sticky ribs with fresh slaw and fries. (2004 kcal)

CAJUN CHICKEN & RIB COMBO **14.0**
Marinated Cajun chicken and half rack of BBQ ribs with fresh slaw and fries. (2478 kcal)

SIDES

FRIES (VG) (404 kcal) **3.5**
SIDE SALAD (VG) (52 kcal) **3.5**
CHEESE SAUCE (V) (91 kcal) **2.0**
SLAW (V) (154 kcal) **3.0**

Burgers

Served in a gluten-free bun with seasoned fries.

CLASSIC BURGER **9.0**

4oz beef burger, our own burger sauce, gem lettuce, pickled pink onion. (1152 kcal)

MAKE IT A CHEESE BURGER (1264 kcal) **10.0**

CHILLI BURGER **11.0**

4oz beef burger, beef chilli, our own burger sauce, gem lettuce, pickled pink onion. (1507 kcal)

EXTRA TOPPINGS

4oz Beef Burger (275 kcal) **3.0**
Smoked Streaky Bacon (169 kcal) **1.0**
Jalapeños (VG) (2 kcal) **1.0**
Chilli (175 kcal) **2.0**
BBQ Pulled Jackfruit (VG) (243 kcal) **2.0**
Cheese Sauce (V) (91 kcal) **1.0**

PUDDINGS

CHOCOLATE BROWNIE (V) **6.5**
Vanilla ice cream and chocolate sauce. (636 kcal)

WARM FRUIT & NUT FLAPJACK (VG) **6.5**
Chocolate sauce and vegan raspberry ripple ice cream. (842 kcal)

CORNISH ICE CREAM & SORBETS **2.0**
Vanilla (V) (135 kcal per scoop) **PER SCOOP**
Chocolate (V) (177 kcal per scoop)
Strawberry (V) (160 kcal per scoop)
Salted caramel (V) (193 kcal per scoop)
Banana (V) (191 kcal per scoop)
Vegan raspberry ripple (VG) (106 kcal per scoop)
Raspberry sorbet (VG) (112 kcal per scoop)

(V) = VEGETARIAN • (VG) = VEGAN

ADULTS NEED AROUND 2000 KCAL A DAY

Our allergen information is available on request. Please let your server know if you have any allergies or intolerances. We take steps to minimise the risk of cross-contamination when preparing your food, however, we do not have specific allergen-free zones in our kitchens. It is therefore not possible for us to guarantee separation of all allergens.