



NIBBLES

ROSEMARY & SEA SALT FOCACCIA 4.0 *vg*
Olive oil, balsamic vinegar.

OLIVES 3.5 *vg*

ANTIPASTO SKEWERS 4.5
Sweet drop peppers, feta, salami.

STARTERS

SEASONAL SOUP 6.5 *v*
Bloomer wedge, Cornish butter.

LOCALLY SOURCED STEAMED MUSSELS 8.0
Our Korev Lager, leek & cream sauce, bloomer wedge.

CHICKEN LIVER PARFAIT 7.0
Korev Lager & apple chutney, Cornish Gouda & herb crumb, toasted focaccia.

CRAB CROQUETTE 8.0
Spiced coconut sauce.

ONION BHAJI 6.5 *vg*
Vegan mint yoghurt dip.

CRISPY COATED CALAMARI 7.5
Sweet chilli & coriander mayo, lemon.

MAINS

MARKET FISH 16.0
Ask for today's catch. With buttered new potatoes and side salad.

LOCALLY SOURCED STEAMED MUSSELS 16.0
Our Korev Lager, leek & cream sauce, bloomer wedge, fries.

THAI YELLOW VEGETABLE CURRY 12.0 *vg*

Cauliflower, red peppers, mangetout, potato, steamed rice.
Add chicken or seafood with prawn crackers to your curry:

+ CHICKEN 4.0
+ SEAFOOD 5.0

Mussels, cod, tiger prawns.

SALAD
Mixed leaf, quinoa, cucumber, cherry tomato, red onion, beetroot, green beans, sweet drop peppers, basil oil. Choose one of the following toppings:

+ GRILLED CHICKEN & SMOKED STREAKY BACON 13.0

+ SMOKED MACKEREL & HORSERADISH CREAM 13.0

+ BEETROOT FALAFEL & TOASTED ALMOND 12.0 *vg*

HUNTER'S CHICKEN 13.0
Chicken breast with BBQ sauce, bacon, Cheddar, chips, salad garnish.

pub CLASSICS

6OZ HAND-PRESSED BURGER 14.0
In a glazed bun with our own burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled red onion, gem lettuce, fries.

FISH & CHIPS 13.75
Atlantic cod in Tribute Pale Ale batter, chips, mushy peas, lemon, tartare sauce, seaweed salt.
+ Chip Shop Curry Sauce 2.5

20p from every portion of Fish & Chips sold is donated to the St Austell Brewery Charitable Trust, supporting charities, good causes and individuals in need across the South West.

WEST COUNTRY 10oz RUMP STEAK 18.0
Garlic & chive butter, portobello mushroom, Cornish sea salt & thyme slow-roasted plum tomato, chips.
+ Shell-On Black Tiger Prawns 3.0
+ Peppercorn Sauce 3.0

FISH PIE 14.0
Smoked haddock, prawn, salmon, cod, Cheddar mash, tenderstem broccoli.

SCAMPI & CHIPS 12.5
Peas, tartare sauce, lemon.

GUESTS WITH ALLERGIES

Our allergen information is available on request. Let your server know if you have any allergies or intolerances.
v - vegetarian, vg - vegan

SIDES

FRIES OR CHIPS 3.5 *vg*

CHEESY CHIPS 4.5 *v*

GARLIC CIABATTA 3.5 *vg*

GARLIC CIABATTA & CHEESE 4.5 *v*

BUTTERED NEW POTATOES 3.0 *v*

TENDERSTEM BROCCOLI 3.0 *v*
Toasted almonds.

GREEN BEANS 3.0 *v*
Onion crumb.

GEM LETTUCE WEDGE 3.0 *v*
Blue cheese sauce, crispy onion.

APPLE & CELERIAC REMOULADE 3.5 *v*

PUDDINGS



CORNISH ICE CREAM & SORBET 2.0 PER SCOOP *v/vg*

Choose from vanilla, chocolate, strawberry, salted caramel, vegan raspberry ripple, passion fruit sorbet.

BROWNIE 6.0 *v*
Raspberry coulis, clotted cream.

STICKY TOFFEE PUDDING 6.5 *v*
Salted caramel ice cream.

LEMON MERINGUE PIE 6.0 *v*
Made with tangy lemon curd.

DESSERT WINE

A perfect pairing for something sweet. *Please ask for details.*

POACHED PINEAPPLE 6.0 *vg*
Infused in chilli & stem ginger with toasted coconut & passion fruit sorbet.

WEST COUNTRY CHEESEBOARD 9.5 *v*
Helford Sunrise, Quicke's Mature Cheddar & Cornish Blue, selection of crackers, apple & Korev Lager chutney, grapes, celery.

Helford Sunrise: rich & semi-soft, washed in Helford Cider, topped with black peppercorns.

Quicke's Mature Cheddar: full-flavoured, buttery, caramel notes.

Cornish Blue: award-winning, mild and creamy, with a subtle sweetness and salty finish.

hot DRINKS

ESPRESSO 2.05

DOUBLE ESPRESSO 2.55

MACCHIATO 2.20

AMERICANO 2.05

CAPPUCCINO 2.60

LATTE 2.60

FLAT WHITE 2.85

MOCHA 2.75

ICE COFFEE 2.05

HOT CHOCOLATE 2.95

DELUXE HOT CHOCOLATE 3.35

HERBAL/FRUIT INFUSION 2.65

POT OF TEA 2.05



SUPPORTING LOCAL SUPPLIERS

We take pride in the provenance of our ingredients, sourcing local South West produce from:

Etherington Meat Co.
Matthew Stevens
Baker Tom's Bread
Treleavens Luxury Cornish Ice Cream
Cornish Coffee



FOR THE CHILDREN

We have a children's menu available for our little guests. *Please ask your server.*

The Lifeboat Inn is proud to be part of St Austell Brewery's Pubs, Inns & Hotels collection. If you would like to find out more about us or explore other St Austell Brewery outlets across the South West, visit www.staustellbrewery.co.uk

