

GLUTEN-AVOIDING LUNCH 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.

LIGHT LUNCH

4OZ WEST COUNTRY BEEF BURGER 9.0

Gluten-free bun, our own burger sauce, gem lettuce, pickled red onion, and fries. (996 kcal)

Add extra toppings for 1.50 each:

+ **Smoked streaky bacon** (169 kcal)

+ **Monterey Jack cheese** *v* (74 kcal)

+ **Vegan cheese** *vg* (61 kcal)

+ **Chorizo & sweet chilli jam** (63 kcal)

LENTIL BURGER *vg* 9.0

Gluten-free bun, salsa, pickled red onion, baby gem lettuce, and fries. (1250 kcal)

SMALL FISH & CHIPS 9.5

Coated in a St Austell Ale & seaweed batter with garden or mushy peas, tartare sauce, and lemon. (1266 kcal)

SMALL BANANA BLOSSOM 'FISH' & CHIPS *vg* 9.0

Instead of fish, we coat banana blossom in a St Austell Ale & seaweed batter with garden or mushy peas and vegan tartare sauce. (945 kcal)

STEAK FRITES 10.5

5oz minute steak cooked pink or well-done, with garlic & chive butter, sweet drop pepper & rocket salad, and fries. (675 kcal)

SANDWICHES

All served on gluten-free bread with crisps and dressed salad garnish.

ATLANTIC PRAWN & SEAFOOD SAUCE 9.5

Atlantic prawns coated in a classic seafood sauce on a bed of crisp iceberg lettuce. (615 kcal)

ST EWE EGG, TOMATO & CRESS *v* 7.5

Cornish St Ewe egg mayo, mustard cress, and sliced tomato. (818 kcal)

DAVIDSTOW CHEDDAR & SPICED TOMATO CHUTNEY *v* 7.5

Mature Cornish Cheddar with a lightly spiced tomato chutney. (927 kcal)

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.

v - vegetarian · vg - vegan

Adults need around 2000 kcal a day.