

**FOOD SERVED 12:00 ~ 2:00pm # 6:30 ~ 9:00pm Every day of the WEEK..**

**~ OPENing Times~ MON~SAT~ 11:30~3pm & 6:30-11:30pm**

**Sundays ~ 12:00 ~3/4pm 6:30~10:30pm**

Times subject to change, best to book in advance to avoid disappointments.

REMEMBER your booking time is when your food order is taken at your table ~

so please arrive promptly as we only hold your table for a maximum of 20 minutes.

Pre ~Order required for any numbers 12 & over ~ helps our chef's during busy periods.

Please confirm **BOOKING & PRE-ORDER ONE WEEK in ADVANCE.....**Thank you.

**\*\*Bar Menu \*\* Monday & Sunday Evenings ~ Bar Menu ONLY**

GF~ GLUTEN FREE~DF~ DAIRY Free - inc. bread rolls & salad dressing

Starters

- Soup Of The Day *with a hunk of bread* £4.45 GF/ DF
- House Pâté *with granary toast* £5.95

LIGHT BITES

- Traditional Ploughman's  
*A Three Cheese Ploughman's with salad,  
pickled onions, chutney & a hunk of granary bread* £6.90 GF
- Ham Platter *served on a tossed salad,  
with Devon chutney, coleslaw & pasta salad* £7.60 GF/ DF
- Leek & Smoked Applewood Tart  
*Sautéed leeks topped with Applewood cheese, served on  
a tossed salad with Devon chutney & coleslaw* £6.90 GF (tart filling in ramekin) DF-no cheese
- Smoked Mackerel Platter  
*Served on a tossed salad with Devon chutney,  
coleslaw & pasta salad* £7.15 GF/ DF

MAIN MEALS

Beef Lasagne

*With a fresh salad & chips*

£9.95

Smoked Chicken Breast with Melted Brie & Crispy Bacon

*Served with salad & new potatoes or chips if you prefer ..*

£9.95 GF/ DF-no cheese

Gammon Steak

*Cooked gammon steak served with a fresh side salad & chips*

£9.50 GF

FISH of the DAY ?

£9.95 GF

Honey Curl Sausage *served with Mashed Potatoes,*

*and fresh vegetables and red onion gravy*

£8.95

Spinach & Ricotta Cannelloni

*Served with a side salad & chips*

£9.65

Steak & STILTON Casserole *~casseroled beef topped with*

*a suet/stilton pastry crust Served with vegetables & potatoes*

£10.20

Cottage Pie

*Served with fresh vegetables*

£8.25

**Jacket Potatoes, SALAD or Fresh Cut Sandwiches**

*(Only available lunch-times except Sundays)*

**Choice of Thick, Medium  
or Thin Cut / Granary or White**

**Fillings:-**

Tuna & Mayonnaise	£5.60
Ham	£5.60 DF
Prawns in Marie Rose Sauce	£5.80
Brie & Chutney	£5.80
Bacon & Mushroom	£5.80 DF
Sun Blushed Tomato & Goat Cheese	£5.80
Beef & Horseradish	£5.80 DF

CRAB or Smoked Salmon (if available) DF £5.90

*( ALL ABOVE ~ Only available lunch-times except Sundays )*

Sausage & Chips	£5.85
Scampi & Chips	£7.95

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**Evening Menu**

**NOT available ... Monday or Sundays..... Thank you**

**Starter**

*Homemade Soup of the Day £4.45 (GF) DF*

*Served with a crusty roll*

*ooo*

*Trio Of The Sea £5.55 (GF) DF*

*Smoked Salmon, Crevette & Mackerel*

*With salad and a light lemon & pepper dressing*

*ooo*

*Deep Fried Breaded Camembert £5.00*

*Served with a Sweet Chilli Dip*

*ooo*

*Cornish Crab Cakes £6.75 DF*

*Served on a tossed salad with a Lemon & Spring Onion Dip*

*ooo*

*House Pâté £5.95*

*With Granary Toast and Homemade Apple & Marrow Chutney*

*ooo*

*Homemade Garlic Ciabatta Bread £1.70*

*ooo*

*Black Pudding Tower £6.75*

*Black Pudding Stack with Cornish Goats Cheese, Fried Bread Crostini & Crispy Bacon*

## Evening ~ Mains Menu

### Pan Fried Beef Fillet £16.95 DF

*With Sautéed Shitake Mushrooms & Tomato Relish, Topped with Homemade Onion Rings  
Served with Side Salad & a Choice of Potatoes  
(GF~ without onion rings)*

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### Rib-eye Steak £16.60 (GF) DF- no sauces

*Rib-eye steak cooked to your liking with a choice of Garlic Butter, Peppercorn Sauce ,  
Melted Stilton or Chef's Special a 'Tribute to Cornwall'  
Served with a Choice of Potatoes and Seasonal Vegetables*

~

### Roasted Duck Breast £14.95

*Served on Stir-fry Vegetables With an Orange and Plum Sauce (GF~ without sauce) DF  
Served with a choice of potato*

~

### Spicy Monkfish Stir-Fry £12.95 (GF) DF

*Whole Monkfish Sliced and Marinated in Chefs Special Spices with Peppers and Onion  
Served with Side Salad and Cracked Black Pepper Potato Wedges*

~

### Pan-Fried Pork Medallion with a Rattler Cider & Apple Sauce £13.80

*Topped with Molten Brie  
Served with Seasonal Vegetables and New Potatoes  
(GF~ without sauce) DF- no cheese*

~

## Vegetarian

### Winter Root Vegetable Casserole £9.65

*Mixed Vegetables, in a Stilton Cream  
Topped with a Parsley Suet Crust served with seasonal vegetables*

~

### Wild Garlic & Chestnut Mushrooms Pasta Bake £9.65

*Served with a side salad & chips*

~

### Stir Fry Vegetables £9.65 DF

*Served SPICY if required ~ with mixed salad & potato wedges  
( Optional~ Cheese Topping Available )*

## Children's Menu

*(A selection of smaller portions are available from the Main Menus, please ask if interested)*

**Sausage & Chips**  
**Chicken nuggets & Chips**  
**Children's Cottage Pie**  
**Veggie Nuggets & Chips**  
**Macaroni Cheese with Chips & Salad**  
**Pizza Topped with Tomato & Cheese and Chips**  
**Children's Lasagne**

Can be served with a choice of salad or vegetables, chips or new potatoes...

...All at £ 4.85

### ~ Extras ~

Portion of Chips £ 1.70

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Side Salad £ 2.60

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Garlic Bread £ 1.70

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A Bowl of Cheesy Chips £ 2.60

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Side Dish Of Vegetables £ 2.60

~

Bread & Butter 80p

**~NEW for 2011~**

**~Big BREAKFAST~**

**Every SATURDAY morning 10 am- 12 noon~ £5 pp**  
**smaller options for smaller eaters...**

## *Dessert Menu*

### **Rich Chocolate Torte ~ GF**

*Served with Fruit Coulis*

~~~X~~~

### **Chef's Homemade Pudding**

*With Custard, Clotted Cream or Both*

~~~X~~~

### **Fresh Fruit Pavlova ~ GF/ DF-no cream**

*Served with Clotted Cream*

~~~X~~~

### **The Who'd Crumble**

*Served with Lashings of Hot Custard*

~~~X~~~

### **Baked Banoffee Cheesecake**

*On a ginger biscuits base*

~~~X~~~

### **Rich Pot Crème Brulee' ~ GF**

~~~X~~~

### **Warmed Treacle Tart**

*With Clotted Cream*

~~~X~~~

**All Desserts are priced at £4.65 each**

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### **Westcountry 4 Cheese Plate £6.65**

*Served with Celery, Grapes & Biscuits*

*Any extra's..... Double or Clotted Cream, Custard or Ice creams ... £1*

**ICE CREAMS & SORBETS £4.35** ~ 3 scoops of your choice ..... Caramel, Chocolate,  
Lemon Curd,

( a few GF..please ask ) Maple Walnut, Mint Choc Chip, Raspberry Ripple, Strawberry & Vanilla,

Ask for the '**Spirit**' of the Day Ice cream

.....**Sorbets** .....Blackcurrant, Orange, Lemon, Mango or Raspberry Sorbets

**All Children's portions ( ie:~ 2 scoop ice-cream ) £3.00**

**PLEASE NOTE** ~ all the above choices & prices are susceptible to change due to the availability of fresh ingredients from our local suppliers ...

~ **If you have a specific dietary requirement**~ please notify staff **when ordering FOOD or Reserving Tables** ~ Thank you.

- **SUNDAY ROASTS ( £7.85 & £5.95 )** Available Lunchtime Sundays, may be evening / always Roast BEEF & another meat choice
- **SPECIALS BOARD** ~ as 'On The Day' ... as expected.....