

**GLUTEN FREE MENU** 

## STARTERS

<b>Today's Soup (V)(VGA)</b> Gluten Free Bread & Netherend Farm Butter	£8
<b>Pan Seared Cornish Scallops</b> Curried Parsnip Puree, Parsnip Crisp, Fresh Pomegranate	£16
<b>Ceaser Salad (VGA)</b> In House Smoked Chicken Breast, Caesar Dressing, Gluten Free Croutons, Anchovies, Parmesan	£12
<b>'Nduja Scotch Egg</b> Basil Mayo, Tomato Chutney, Dressed Leaves, Balsamic	£12
<b>Everess Farm Beef Carpaccio</b> Beef Fillet, Balsamic & Mustard Dressing, Rocket Salad, Fresh Parmesan	£14
<b>Mozzarella &amp; Tomato Bruschetta (V)(VGA)</b> Olive Tampenade, Basil Pesto, Balsamic Reduction	£11
<b>Steamed River Fowey Mussles</b> Bacon, Cider, Shallots, Garlic, Parsley, Cream, Warm Gluten Free Bread	£13
NFF THF BROUFR	
<b>OFF THE BROILER</b> All served with hickory smoked plum tomato & crispy	ONIONS
••••••••••••	ONIONS £32
ALL SERVED WITH HICKORY SMOKED PLUM TOMATO & CRISPY 280g Gloucester Sirloin	
ALL SERVED WITH HICKORY SMOKED PLUM TOMATO & CRISPY 280g Gloucester Sirloin Recommended Medium Rare 220g Gloucester Fillet	£32
ALL SERVED WITH HICKORY SMOKED PLUM TOMATO & CRISPY 280g Gloucester Sirloin Recommended Medium Rare 220g Gloucester Fillet Recommended Medium Rare / Medium 340g Gloucester Ribeye	£32 £42
ALL SERVED WITH HICKORY SMOKED PLUM TOMATO & CRISPY 280g Gloucester Sirloin Recommended Medium Rare 220g Gloucester Fillet Recommended Medium Rare / Medium 340g Gloucester Ribeye Recommended Medium Rare / Medium 12oz Pork Chop Spiced Apple Sauce, Caramelized Apple,	£32 £42 £38
ALL SERVED WITH HICKORY SMOKED PLUM TOMATO & CRISPY 280g Gloucester Sirloin Recommended Medium Rare 220g Gloucester Fillet Recommended Medium Rare / Medium 340g Gloucester Ribeye Recommended Medium Rare / Medium 12oz Pork Chop Spiced Apple Sauce, Caramelized Apple, Crispy Crackling Locally Caught Lobster	£32 £42 £38

Chimmichurri

Garlic butter Blue Cheese

## COMFORT

<b>Cioppino</b> Mixed Cornish Seafood in an Italian Tomato Broth, Parsley & Olive Gremolata, Warm Sourdough	£30
<b>Katsu Chicken Curry</b> Sticky Rice, Pickled Cucumber, Fresh Lime, Sesame Seeds, Coriander	£24
<b>Fish &amp; Chips</b> Tempura Battered Haddock, Peas, Tartar Sauce, Hand Cut Chips	£22
<b>Coq Au Vin</b> Roasted Garlic Mash, Button Mushrooms, Smoked Pancetta, Silverskin Onion, Rich Red Wine Sauce	£24
<b>Carbonara</b> Smoked Pancetta, Egg Yolk, Fresh Parmesan, Cracked Black Pepper	£19
<b>Everess Farm Aged Beef Burger</b> Toasted Gluten Free Bun, Crispy Braised Beef Patty, Monterey Jack, Baby Gem Lettuce, Smoked Tomato, Bloody Mary Sauce, Gherkins, Fries Add Bacon £3	£22
Add Bacon ES	
SIDES	
	£5.5
SIDES	£5.5 £7
SIDES Roasted Garlic Mash	
<b>SIDES</b> Roasted Garlic Mash Truffle Cauliflower Cheese Spinach & Pine Nut Salad	£7
SIDES Roasted Garlic Mash Truffle Cauliflower Cheese Spinach & Pine Nut Salad Balsamic Dressing, Roasted Pine Nuts, Parmesan Roasted Mediterranean Veg	£7 £6
SIDES Roasted Garlic Mash Truffle Cauliflower Cheese Spinach & Pine Nut Salad Balsamic Dressing, Roasted Pine Nuts, Parmesan Roasted Mediterranean Veg Courgette, Mixed Peppers, Red Onion, Cherry Tomato	£7 £6 £6
SIDES Roasted Garlic Mash Truffle Cauliflower Cheese Spinach & Pine Nut Salad Balsamic Dressing, Roasted Pine Nuts, Parmesan Roasted Mediterranean Veg Courgette, Mixed Peppers, Red Onion, Cherry Tomato Mixed Salad Tenderstem Broccoli	£7 £6 £6 £6
SIDES Roasted Garlic Mash Truffle Cauliflower Cheese Spinach & Pine Nut Salad Balsamic Dressing, Roasted Pine Nuts, Parmesan Roasted Mediterranean Veg Courgette, Mixed Peppers, Red Onion, Cherry Tomato Mixed Salad Tenderstem Broccoli Almond & Lemon Garlic Butter	£7 £6 £6 £6 £6.5 £5.5 £6.5
SIDES Roasted Garlic Mash Truffle Cauliflower Cheese Spinach & Pine Nut Salad Balsamic Dressing, Roasted Pine Nuts, Parmesan Roasted Mediterranean Veg Courgette, Mixed Peppers, Red Onion, Cherry Tomato Mixed Salad Tenderstem Broccoli Almond & Lemon Garlic Butter Rosemary Roasted New Potatoes Chargrilled Cabbage	£7 £6 £6 £6.5 £5.5 £6.5 £6.5
SIDES Roasted Garlic Mash Truffle Cauliflower Cheese Spinach & Pine Nut Salad Balsamic Dressing, Roasted Pine Nuts, Parmesan Roasted Mediterranean Veg Courgette, Mixed Peppers, Red Onion, Cherry Tomato Mixed Salad Tenderstem Broccoli Almond & Lemon Garlic Butter Rosemary Roasted New Potatoes Chargrilled Cabbage Blue Cheese Dressing, Crispy Pancetta	£7 £6 £6 £6 £6.5 £5.5 £6.5

(V) Vegetarian (VA) Vegetarian Option Available (VG) Vegan (VGA) Vegan Option Available (GF) Gluten Free (GFA) Gluten Free Option Available FOOD ALLERGIES AND INTOLERANCES: BEFORE YOU ORDER YOUR FOOD AND DRINKS PLEASE SPEAK TO OUR STAFF WHO WILL PROVIDE THE INFORMATION ABOUT OUR INGREDIENTS We cannot guarantee the absence of traces of nuts or other allergens - please advise a member of staff if you have any particular allergy requirements

A 10% DISCRETIONARY SERVICE CHARGE WILL BE ADDED TO YOUR BILL - SOME DISHES MAY CONTAIN GMO OIL