

MENU

TO KEEP YOU GOING

House Mixed Garlic and Paprika Nuts (gf, df, v, ve) **£3.95**

Mixed Olives (gf, df, nf, v, ve) **£4.95**

APPETIZERS (Choose 3 for £22)

Soup of the Day please see today's specials **£7.95**

Salt and Pepper Squid with sriracha mayonnaise (gf, df, nf) **£8.95**

Southern Fried Buttermilk Chicken Wings with a hickory, lime, chilli and coriander coating, topped with spring onion and herb oil (gf, nf) **£8.95**

Pil Pil King Prawns garlic, chilli and lemon, served with sourdough (go, df, nf) **£9.95**

BBQ Jack Fruit Bao Buns kimchi, toasted sesame (df, no, v, ve) **£8.95**

Smoked Haddock and Crab Scotch Egg pickled fennel and curried emulsion (gf, df, nf) **£9.95**

Crispy Korean Cauliflower Wings sticky BBQ sauce (gf, df, nf, v, ve) **£8.95**

Heritage Beetroot and Heirloom Tomato Salad baby gem, roquito peppers, South West blue cheese crumb, balsamic glazed onions and toasted seeds with a Parmesan and herb crisp crouton (go, do, v, veo) **Starter £8.95, Main £17.95**

CLASSICS

Beer Battered Fish and Chips with hand cut chips, pea purée, island curry sauce, pickled onion, gherkins, crispy kale, tartare sauce and charred lemon (gf, df, nf) **£19.95**

Tregarthen's Burger two 4oz beef patties, fries, burger sauce relish, beef tomato, baby gem lettuce, maple glazed bacon and American cheese, topped with a pickle and onion ring (go, do, no) **£19.95**

Tregarthen's Vegetarian Burger hand pressed four bean burger in crispy panko breadcrumbs, fries, beef tomato, baby gem lettuce, sriracha mayonnaise, vegan cheese, topped with a pickle and onion ring (go, do, no, v, ve) **£17.95**

Sausage and Mash Cumberland sausage, whipped mash, chargrilled Hispi cabbage, caramelised onion jus, crispy leeks (do, nf) **£19.95**

MAIN COURSES

Trio of Pork pallet cleanser of cider with Calvados, pressed braised pork belly, Nduja bon bon, crispy herb rib, crackling, pumpkin purée, charred pear and sage jus (go, df, nf) **£27.95**

Fisherman's Catch of the Day please see today's Specials menu **Market Priced**

Pan Fried Duck Breast rosemary fondant, sweet potato purée, roasted asparagus, with a port and orange jus (gf, do, nf) **£27.95**

Thai Style Curried Monkfish sliced fillet of monkfish, fragrant rice, soused botanical vegetables, chargrilled lime, fresh chillies (gf, df, no) **£24.95**

Confit Cauliflower Scallops cauliflower rice, roasted heritage carrots, asparagus spears, pumpkin purée, popped chickpeas and micro cress (gf, df, nf, v, ve) **£19.95**

Grill of the Day please see today's specials **Market Priced**

Chicken, Bacon and Wholegrain Mustard Pie heritage carrots and creamy mash, with a white wine and cream jus (nf) **£21.95**

SIDES

Cornish Sea Salted Fries (gf, df, nf, v, ve) **£4.95**

Flash Greens please ask for today's selection (gf, df, nf, v, ve) **£5.95**

Beer Battered Onion Rings (gf, df, nf, v, ve) **£5.95**

Caesar Salad Wedge anchovies, Parmesan and crouton (go, do, nf, vo, veo) **£5.95**

All items on our menu are subject to availability of fresh produce. Where possible we support our local community by using local produce. To help us cater for guests with food allergies or sensitivities, please inform us and we will make every effort to accommodate your needs. Our food is not prepared in a nut free environment.

Key: gf: no gluten containing ingredients go: gluten option nf: nut free no: nut free option df: dairy free do: dairy free option v: vegetarian vo: vegetarian option ve: vegan veo: vegan option

DESSERT MENU

Lemon Posset raspberry caviar, limoncello syrup, homemade lemon and rosemary shortbread (go, nf, v) **£8.95**

Dark Chocolate, Coffee and Caramel Fondant St Agnes raspberry sorbet, raspberry dust – 15 minute cooking time (gf, nf, v) **£10.95**

Vanilla Crème Brûlée coffee and hazelnut nougatine, raspberry caviar, white chocolate soil (gf, no, v) **£9.95**

Sticky Toffee Pudding salted caramel sauce, St Agnes clotted cream and fudge ice cream (nf, v) **£8.95**

Cheese Plate – a selection of cheeses from the South West, chutney, artisan crackers, port-soaked grapes and celery (go, no, v) **£12.95**

Selection of St Agnes Ice Creams and Sorbets ginger snap, freeze-dried berries (go, do, no, v, veo) **£6.95**

Coffee and Petit Fours - your choice of Cornish coffee and Chef's selection of sweet treats (please ask for dietary information) **£9.95**

Please ask for today's specials

DESSERT COCKTAILS

Cheesecake Martini Frangelico, Amaretto, cream, shortbread and raspberry crumb (go, v) **£11.95**

Tropical Sorbet Prosecco Float St Agnes sorbet, Prosecco, orange and passionfruit liqueur (gf, df, nf, v, veo) **£11.95**

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