

ALLERGENS: Please let us know of any allergies before you order. Whilst we have kitchen protocols in place to address the risk of cross-contamination of allergens, kitchens are busy environments so we cannot guarantee their total absence in our dishes.

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Posh pork scratchings														Y	
Basket of Flat Bread	Y Whe														
Flatbread & dips	Y Whe Bar								Y	Y		Y	Y	Y	
BAGUETTE unsalted butter / Basket of stone-baked artisan baguette	Y Whe Bar									Y					
OLIVES / Rustica olives															
MEDITERRANEAN FISH SOUP	Y Whe Bar			Y					Y	Y				Y	
MOROCCAN MEZZE PLATTER	Y Whe Bar						Y Cas	Y				Y	Y	Y	

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POTTED CORNISH CRAB with AVOCADO GUACAMOLE, prawn butter	Y Whe Rye	Y								Y				Y	
CHEESE SOUFFLE	Y Whe Bar								Y	Y					
CHICKEN LIVER PARFAIT	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	Y		Y	Y	
INDIAN SPICED SAMOSAS	Y Whe						Y Cas							Y	
WILD MUSHROOM FRICASSEE	Y Whe Bar									Y				Y	
BAKED SAINT-MARCELLIN CHEESE	Y Whe Rye									Y	Y				
SIRLOIN STEAK 8oz										Y					
FILLET STEAK 8oz										Y					
CHATEAUBRIAND for TWO 16oz										Y					
ADD A SAUCE : Butter Cafe de Paris				Y						Y					
ADD A SAUCE: Béarnaise									Y	Y	Y			Y	
ADD A SAUCE: Pepper Sauce										Y				Y	
ADD A SAUCE: Roquefort	Y Whe									Y					
Malabar fish curry df gf		Y		Y								Y			

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DUCK LEG CONFIT with BLACKBERRIES										Y	Y			Y	
PAELLA VALENCIANA WITH RED MULLET & KING PRAWNS		Y	Y	Y		Y					Y			Y	
SLOW-COOKED BOEUF BOURGUIGNON	Y Bar									Y	Y			Y	
MARINATED / GLAZED CHICKEN with SWEET POTATO WEDGES	Y Whe							Y	Y					Y	
SALMON & SMOKED HADDOCK FISHCAKE with wilted spinach, kale & nutmeg in a cheddar cream sauce, toasted almonds	Y Whe Bar			Y			Y Alm		Y	Y		Y		Y	
GRILLED CAULIFLOWER STEAK with TRUFFLE CREAM , TOASTED NUTS	Y Whe Bar						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y			Y			Y	
LAMB TAGINE	Y Whe						Y Alm Pis			Y	Y			Y	
WILD MUSHROOM FRICASEE WITH POTATO, HERB & CHEESE GNOCCHI	Y Whe								Y	Y				Y	
St Austell's Tribute Beef & Ale Pie	Y Whe Bar								Y	Y	Y			Y	
JIMMY BUTLER'S FREE RANGE GAMMON STEAK	Y Whe								Y	Y		Y			
FREE RANGE CORNISH BEEF BURGER	Y Whe Rye								Y		Y	Y		Y	
ADD : Comte Cheese										Y					

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ADD : Melted Blue Cheese										Y					
ADD : Bacon															
MOROCCAN MEZZE PLATTER (main course)	Y Whe Bar						Y Cas	Y				Y	Y	Y	
CHIPS gf															
Sweet potato fries gf df															
SMOOTH MASH										Y					
MIXED LEAF SALAD without dressing												Y			
Choice of dressing: classic French												Y		Y	
Choice of dressing: house balsamic with fig leaf oil														Y	
BUTTERED GREEN BEANS										Y					
WILTED SPINACH & KALE with Wyke Farm Cheddar sauce & almonds	Y Whe						Y Alm			Y					

■ Yes
 ■ May Contain

	Allergen
Whe	Wheat
Rye	Rye

Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashew Nuts
Haz	Hazelnuts
Mac	Macedamia Nuts
Pec	Pecan
Pis	Piastachios
Wal	Walnuts

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