



## Sunday Menu

### Smaller Plates

**Artisan Bread** <sup>VG GF\* DF</sup>  
Olive Oil, Balsamic, Hummus  
£4.95

**Soup of the Day** <sup>V</sup>  
Warm Sour Dough  
£5.50

**Salt & Pepper Squid** <sup>GF</sup>  
Sweet Chilli Sauce  
£6.95

**Grilled Goats Cheese** <sup>VG GF\*</sup>  
Mixed leaves, Onion Marmalade,  
Artisan Bread  
£6.95

**Seafood Chowder** <sup>GF\*</sup>  
Crusty Local Bread  
£7.95 or as a main £11.95

**Fresh Newlyn Crab Cakes** <sup>GF</sup>  
Chilli Mayonnaise, Mixed Leaves  
£8.25

### Main Courses

#### **Sunday Roast** <sup>GF\*</sup>

A traditional Sunday roast with your choice of meat, crispy roast potatoes, a selection of fresh vegetables, Yorkshire pudding & gravy (Beef, Pork, Chicken, Vegetarian Nut Roast)

**Large Roast**  
£12.95

**Small Roast**  
£9.95

#### **Cutty Burger** <sup>GF DF\*</sup>

Higher Trenowin Farm 6oz Beef Burger, Lightly Toasted Focaccia Bun, Bacon, Cheese, Homemade Relish, Mixed Leaves, Skin on Fries, Homemade Onion Rings

£11.95

#### **Halloumi Burger** <sup>GF V VG\*</sup>

Crispy Fried Halloumi, Lightly Toasted Focaccia Bun, Garlic Field Mushroom, Homemade Relish, Mixed Leaves, Skin on Fries, Home Made Onion Rings (Vegan option available with crushed Falafel)

£12.50

#### **Duo of Homemade Tarts** <sup>V GF</sup>

Gouda, Tomato, Chutney Tart & Goats Cheese, Spinach, Sweet Red Onion Tart  
Mixed Salad & New Potatoes

£11.95

#### **Ham, Egg & Chips** <sup>GF\* DF</sup>

West Country Roast Ham, Skin on Fries

£9.95

#### **Driftwood Spars Beer Battered Fish** <sup>GF</sup>

Skin on Fries, Garden Peas, Homemade Tartare Sauce

£12.95



## Main Courses

### **Chicken & Bacon Salad** <sup>GF\* DF\*</sup>

Mixed Leaves, Cherry Tomatoes, Roquito Peppers, Cucumber,  
Red Onions, Pumpkin Seeds, Grilled Chicken, Bacon, Balsamic Dressing, Artisan Bread

£10.95

### **Superfood Salad** <sup>VG GF DF</sup>

Mixed Leaves, Lentils, Quinoa, Chick Peas, Peppers, Cherry Tomatoes,  
Pumpkin Seeds, Chia Seeds, Sunflower Seeds,  
Blueberries, Goji Berries, Mint & Lemon Dressing

£10.95

Add Halloumi for £1.95     Add Butternut Squash for £1.25

### **Traditional Ploughman's Lunch** <sup>GF\*</sup>

Artisan breads, Home Roasted Ham, Cornish Cheddar, Piccalilli,  
Mixed Leaves, Pickled Onion, Coleslaw, Apple,  
Grapes, Celery, House Chutney

£11.50

### **Fresh Newlyn Crab Salad** <sup>GF\* DF\*</sup>

White & Brown Crab Meat, Mixed Leaves, Semi Dried Cherry Tomatoes,  
Cucumber, Roasted Peppers, Pumpkin Seeds, Crusty Local Bread

£12.95

***Our kitchen uses allergenic ingredients. We do not have a specific allergen free zone or dedicated fryers***

*Please speak to your waiter if you have any dietary requirements.*

*All dishes on this menu are subject to ingredients availability*

*GF - Gluten Free, GF\* - Can Be Gluten Free With Modifications, V - Vegetarian, VG - Vegan VG\* - Can Be Vegan with Modifications*

*DF- Dairy Free- DF\* - Can be Dairy Free with Modifications*