

SUNDAY LUNCH

nibbles

ROSEMARY & SEA SALT FOCACCIA <i>vg 363 kcal</i>	4.0	CHORIZO BITES <i>474 kcal</i>	5.5
MARINATED MIXED OLIVES <i>vg 53 kcal</i>	4.0	PADRÓN PEPPERS Cornish sea salt. <i>vg 61 kcal</i>	4.0



starters

SEASONAL SOUP warm artisan baguette and Cornish butter. <i>v, vg option</i>	7.0
BASIL & TOASTED PINENUT GNOCCHI warm gnocchi wrapped in basil pesto. Served with red amaranth and toasted pine nuts. <i>vg 319 kcal</i>	8.0
PAN SEARED SOUTH WEST SCALLOPS pan-seared scallops with an oriental salad, chilli & lime dressing, coriander, chillies, lime, and toasted peanuts. <i>253 kcal</i>	10.5
CONFIT DUCK RILLETTES shredded confit duck leg served with a chilli & pineapple chutney and crostini toasts. <i>481 kcal</i>	9.0



sunday roast

Served with rosemary & sea salt roasted potatoes, parsnips, seasonal vegetables, cauliflower cheese and rich gravy.

WEST COUNTRY BEEF tender roasted topside of West Country beef, served pink with a crispy Yorkshire pudding. <i>915 kcal</i>	17.0
ROASTED PORK LOIN oven roasted pork loin served with crispy salt & pepper crackling. <i>938 kcal</i>	16.0
APRICOT & CHESTNUT ROAST a rich blend of slowly roasted apricots, chestnuts, mixed nuts, herbs and vegetables. <i>vg 757 kcal</i>	15.0
BRIE, CRANBERRY & MUSHROOM WELLINGTON baked flaky puff pastry wellington filled with sautéed thyme, garlic and mushroom, melted Brie and a cranberry sauce. <i>v 1268 kcal</i>	15.0
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CHILDREN'S SUNDAY ROAST <i>under 12s</i> We offer a smaller plate of any of the above.	8.0

adults need around 2,000 kcal a day

A selection of our dishes can be adapted for guests looking to avoid gluten, please ask your server for information.

pub classics

- 6OZ WEST COUNTRY BEEF BURGER** In a glazed bun with our own burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled red onion, gem lettuce, chorizo & sweet chilli jam, and fries. *1629 kcal* **15.0**
- LOCALLY SOURCED STEAMED MUSSELS** cooked in a Cornish Rattler cider, leek & cream sauce, with an artisan baguette and fries. *1644 kcal* **17.0**
- FISH & CHIPS** coated in a St Austell Ale & seaweed batter with crushed minted peas, tartare sauce, and lemon. *1671 kcal* **16.0**
- 25p from every portion of Fish & Chips sold is donated to the St Austell Brewery Charitable Trust, the beneficiaries in 2022 will be the Marine Conservation Society & the Air Ambulance.*
- BANANA BLOSSOM 'FISH' & CHIPS** instead of fish, we coat banana blossom in a St Austell Ale & seaweed batter with crushed minted peas, vegan tartare sauce, and lemon. *vg 1220 kcal* **14.0**
- TORCHED MACKEREL SALAD** crispy torched mackerel fillets with a citrus pea shoot & rocket salad. Served with a lime & caramel dressing, edible flowers, and Cornish sea salt. *845 kcal* **14.0**

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desserts

- STICKY TOFFEE PUDDING** banana ice cream, gingernut crumb, and toffee sauce. *v 1211 kcal* **7.5**
- DARK CHOCOLATE MOUSSE** rich dark chocolate mousse garnished with berries and crushed Cornish fairings. *v 306 kcal* **7.5**
- LEMON CURD BRÛLÉE TART** zesty lemon curd in a shortcrust pastry tart with a brûléed top. Served with Cornish clotted cream, raspberry coulis, and berry garnish. *v 469 kcal* **7.5**
- TROPICAL TRIFLE** pomegranate molasses and rum infused sponge, pineapple, passion fruit & mango compote, crème anglaise, with a coconut cream cheese topping and a pistachio crumb. *487 kcal* **7.5**
- FRUIT & NUT FLAPJACK** warm fruit & nut laced flapjack with a rich dark chocolate sauce and raspberry ripple ice cream. *vg 842 kcal* **7.5**
- CORNISH ICE CREAM & SORBETS** *per scoop 2.5*
- vanilla *v 135 kcal per scoop*
 - chocolate *v 177 kcal per scoop*
 - strawberry *v 160 kcal per scoop*
 - banana *v 191 kcal per scoop*
 - salted caramel *v 193 kcal per scoop*
 - vegan raspberry ripple *vg 106 kcal per scoop*
 - raspberry sorbet *vg 112 kcal per scoop*

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