



STARTERS

Soup of the Day ^{DF GF}	7.50
Served with fresh bread and butter.	
Tregenna Fishcakes	9.00
Served with homemade sweet chilli sauce & dressed mixed leaf salad.	
Ham Hock Terrine ^{DFR GFR}	9.00
Pressed ham hock served with homemade piccalilli, dressed mixed leaves and toast.	
Westcountry Mussels ^{GFR}	9.00
Cooked in a white wine, garlic & cream sauce served with warm bread.	
Garlic Chilli Prawns ^{GFR DF}	8.75
Served with warm bread.	
Mezze Plate ^{DFR GFR}	8.75
Baba ganoush, hummus, olives and grilled flat bread.	
Marinated Olives ^{DFR GFR}	8.00
Extra Virgin olive oil, Balsamic and warm bread.	

PASTA

Seafood Linguine	23.00
Cornish fish, tiger prawns, West Country mussels with white wine, chilli, garlic, cream and parsley.	
Pappardelle Puttanesca ^{DFR GFR}	17.50
Tomato sauce with garlic, chilli, olives, capers and parsley topped with rocket & parmesan.	

PIZZA

Duck Pizza ^{DFR GFR}	16.00
Shredded duck with Hoisin, topped with cucumber and spring onions.	
Margherita Pizza ^{DFR GFR}	15.00
Cherry tomatoes, buffalo mozzarella with rocket and pesto.	
Vegetarian/Vegan Pizza ^{DFR GFR}	16.00
Mushroom, cherry tomatoes, peppers, mozzarella or vegan cheese.	
Hawaiian Pizza ^{DFR GFR}	16.00
Home cooked ham and fresh pineapple.	

MAINS

Tregenna Fish & Chips ^{DF}	18.50
Beer battered fish served with minted crushed peas and tartare sauce.	
8oz Tregenna Burger ^{DF GFR}	17.00
Chargrilled & topped with Denhey bacon & mature cheddar, in a toasted brioche bun, cos mayonnaise, dressed salad and chips.	
Chicken Saltimbocca	20.00
Parma ham, sage, preserved lemon served with sautéed potatoes, seasonal greens in a white wine and butter sauce.	
Garlic Mushroom Vegan Burger ^{DF}	17.00
Portobello mushroom cooked with garlic, plant-based burger, gem lettuce, Vegan mustard mayonnaise, Vegan cheese, balsamic dressed salad & chips.	
Westcountry Mussels ^{GFR}	19.00
Cooked in a white wine, garlic and cream sauce, served with bread & chips.	
Westcountry 8oz Sirloin Steak ^{DF GF}	27.50
Chargrilled sirloin, with Portobello mushroom, slow cooked vine tomatoes & chips.	
Malaysian Green Curry ^{DF GF}	
Medium spiced curry with jasmine, coconut & coriander rice.	
VEGETARIAN/VEGAN - 18.00 TIGER PRAWN - 23.00 CHICKEN - 20.00	

MARKET FISH

Fish of the Day

Served with a choice of;

- Dressed Salad
- Buttered New Potatoes & Spinach
- Chips
- Romesco Sauce or Salsa Verde

Please ask restaurant staff for market price.

SIDES

Chips ^{DF GF}	4.00
Cheesy Chips ^{GF}	5.50
House Salad ^{DFR GFR}	5.00
Garlic Bread ^{DFR GFR}	4.00
Cheesy Garlic Bread ^{DFR GFR}	5.00
Selection of Seasonal Vegetables	4.50

Allergy & Intolerance Information: Some of our food and drink may contain allergens. Please ask a member of staff for more details and they will be happy to assist you.

DF - DAIRY FREE | GF - GLUTEN FREE

DFR - DAIRY FREE ON REQUEST | GFR - GLUTEN FREE ON REQUEST





AUTUMN & WINTER 2021