

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.

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DATE: 16th November 2021

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
OLIVES / Rustica olives															
GARLIC BAGUETTE	Y Whe Bar									Y					
BAGUETTE / Basket of stone-baked artisan baguette (WITH BUTTER)	Y Whe Bar									Y					
BAGUETTE / Basket of stone-baked artisan baguette (WITHOUT BUTTER)	Y Whe Bar														

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BREAD GLUTEN FREE									Y						
BAGUETTE & DIPS / Artisan Baguette with a selection of dips	Y Whe Bar							Y	Y		Y			Y	
with Spiced Aubergine & Mushroom								Y			Y			Y	
with Citrus Dip / Spicy citrus & coriander															
with Saffron Rouille / Mayonnaise									Y						
CHEESE SOUFFLE with Wyke Farm cheddar sauce	Y Whe Bar							Y	Y	Y		Y			
MEDITERRANEAN FISH SOUP	Y Whe Bar			Y					Y	Y				Y	
CHICKEN LIVER PARFAIT	Y Whe				Y		Y	Y	Y	Y		Y	Y	Y	
WILD MUSHROOM TART	Y Whe							Y						Y	
TARTIFLETTE	Y Whe Bar									Y					
MORTEAU SAUSAGE & POTATO SALAD	M Whe								Y			Y		Y	
MOROCCAN MEZZE PLATTER	Y Whe Rye Bar Oat				Y		Y	Y				Y	Y	Y	

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GRILLED LIGHTLY SMOKED SALMON with CURRIED CAULIFLOWER FLORETS	M Whe Rye Bar Oat			Y				Y	Y	Y	Y	Y	Y	Y	
POTTED CORNISH CRAB with AVOCADO GUACAMOLE, prawn butter	Y Whe Rye	Y								Y				Y	
MOULES / MUSSELS MARINIERE, BAGUETTE	Y Whe Bar		Y							Y				Y	
ESCARGOTS / SNAILS garlic herb butter & baguette	Y Whe Bar		Y							Y					
MOULES / MUSSELS MARINIERE, BAGUETTE & CHIPS	Y Whe Bar		Y							Y				Y	
St AUSTELL'S BEEF & ALE PIE with smooth mash	Y Whe Bar								Y	Y	Y			Y	
WILD MUSHROOM & ROAST BEETROOT SALAD	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y						Y	
PHEASANT SAUSAGES with TRUFFLE MASH	Y Whe							Y		Y	Y			Y	
DUCK LEG CASSOULET slow-cooked Barbury duck leg, haricot beans, smoked lardons & chorizo	M Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal			Y	Y				
TRUFFLED LENTIL & TOMATO PASTA 'MILLEFEUILLE'	Y Whe Rye Bar Oat				Y	Y	Y Alm Brz Cas Haz Mac Pec Pis Wal	Y			Y			Y	

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PAN-FRIED STONE BASS with PRAWN POTATOES, buttered kale, white wine & prawn sauce		Y		Y						Y	Y	Y		Y	
MOROCCAN LAMB TAGINE	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal				Y			Y	
JIMMY BUTLER'S FREE RANGE GAMMON STEAK	M Whe								Y	Y		Y			
St AUSTELL'S BEEF & ALE PIE with green beans	Y Whe Bar								Y	Y	Y			Y	
STICKY BEEF with COCONUT RICE	Y Whe							Y		Y		Y	Y	Y	
FREE RANGE CORNISH BEEF BURGER	Y Whe Bar								Y			Y		Y	
ADD : Chorizo Ketchup											Y			Y	
ADD : Gorgonzola										Y					
ADD : Comte Cheese										Y					
ADD : Bacon															
HALLOUMI BURGER with WINTER COLESRAW	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y	Y	Y		Y	
COQ AU VIN	Y Whe							Y		Y	Y			Y	

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GRILLED SALMON FILLET with TOMATO HOLLANDAISE (Mixed Leaf Salad & Fries)	M Whe			Y					Y	Y		Y		Y	
MOROCCAN MEZZE PLATTER (Main)	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y				Y	Y	Y	
MALABAR FISH CURRY with TOASTED COCONUT (Haddock)	M Whe Rye Bar Oat	Y		Y	Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y	Y	Y	Y	Y	
LE GRAND STEAK FRITES Cornish rump steak (9oz), French fries, 'Café de Paris' herb & mustard butter	M Whe			Y					Y	Y		Y		Y	
SIRLOIN STEAK 8oz										Y					
FILLET STEAK 8oz										Y					
CHATEAUBRIAND for TWO 16oz										Y					
ADD A SAUCE: Béarnaise									Y	Y		Y		Y	
ADD A SAUCE: Roquefort	Y Whe							Y		Y					
ADD A SAUCE: Pepper Sauce										Y				Y	
ADD A SAUCE : Butter Cafe de Paris				Y					Y	Y		Y		Y	
FRENCH FRIES / CHIPS	M Whe														
FRENCH BEANS										Y					

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SKINNY SWEET POTATO FRIES	M Whe														
BUTTERED KALE										Y					
MIXED LEAF SALAD without dressing												Y			
Choice of dressing: classic French												Y		Y	
Choice of dressing: house balsamic with fig leaf oil														Y	
WINTER COLESLAW	M Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y		Y			Y	
TRUFFLE MASH										Y					
POACHED PEAR 'PAIN PERDU' vanilla ice cream	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		Y	Y	Y	
STICKY TOFFEE PUDDING, Normandy crème fraiche & crunchy nougatine	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	
PISTACHIO SOUFFLE	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		Y		Y	

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CHOCOLATE & ORANGE MOUSSE CUP	M Whe Rye Bar Oat						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		Y		Y	
BAKED APPLE & CALVADOS CRUMBLE, Vanilla ice cream	M Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	Y	Y	Y	Y	
JUDE'S ICE CREAM Choose from : Vanilla (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					
JUDE'S ICE CREAM Choose from : Strawberry (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					
JUDE'S ICE CREAM Choose from : Chocolate (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S ICE CREAM Choose from : Salted Caramel (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					
JUDE'S ICE CREAM Choose from : Coconut (Vegan)					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					

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JUDE'S SORBETS Raspberry					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Mango					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Lemon					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Green Apple					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
JUDE'S SORBETS Blackcurrant					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
with Gavotte Biscuit (for Ice Creams & Sorbets)	Y Whe Bar							Y		Y					
SELECTION OF FRENCH CHEESES	Y Whe Bar						Y Alm Brz Cas Haz Mac Pec Pis Wal			Y		Y		Y	

* Allergens marked with 'M' may contain that allergen.

 Yes  May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts

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Where an allergen is shown as M this dish MAY CONTAIN gluten. Whilst we do not use gluten in these dishes, they contain ingredients from third party suppliers who state that they are made in a factory that also handles gluten products.

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