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M = May Contain

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.

DATE: 11th January 2022

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 Alm Brz Cas Haz Mac Pec Pis Wal | 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 Alm Brz Cas Haz Mac Pec Pis Wal | 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 | |
| WILD MUSHROOM & ROAST BEETROOT SALAD | Y Whe Rye Bar Oat | | | | Y | 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 Alm Brz Cas Haz Mac Pec Pis Wal | Y | | | Y | | | Y | |
| PAN-FRIED STONE BASS with PRAWN POTATOES, buttered kale, white wine & prawn sauce | | Y | | Y | | | | | | Y | Y | Y | | Y | |

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| SMOKED PORK BELLY with BRAISED RED CABBAGE & ROAST APPLE | | | | | | | | | | Y | | | | Y | |
| JIMMY BUTLER'S FREE RANGE GAMMON STEAK | M Whe | | | | | | | | Y | Y | | Y | | | |
| St AUSTELL'S BEEF & ALE PIE with smooth mash (In-house) | Y Whe Bar | | | | | | | Y | Y | Y | | | | Y | |
| St AUSTELL'S BEEF & ALE PIE with green beans (In-house) | Y Whe Bar | | | | | | | Y | Y | Y | | | | Y | |
| STICKY BEEF with COCONUT RICE | Y Whe | | | | | | | Y | | Y | Y | Y | Y | Y | |
| FREE RANGE CORNISH BEEF BURGER (Sourdough Bun) | Y Whe Bar | | | | | | | | Y | | | Y | | Y | |
| FREE RANGE CORNISH BEEF BURGER (Millers Brioche Bun) | Y Whe | | | | | | Y Wal | Y | Y | Y | | Y | Y | Y | |
| ADD : Chorizo Ketchup | | | | | | | | | | | Y | | | Y | |
| ADD : Gorgonzola | | | | | | | | | | Y | | | | | |
| ADD : Comte Cheese | | | | | | | | | | Y | | | | | |
| ADD : Bacon | | | | | | | | | | | | | | | |
| HALLOUMI BURGER with WINTER COLESLAW | 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 | |
| RUMP STEAK 8oz with Chips, Green Salad & a Garlic Tomato | M Whe | | | | | | | | | Y | | Y | | Y | |
| SIRLOIN STEAK 8oz with Chips, Green Salad & a Garlic Tomato | M Whe | | | | | | | | | Y | | Y | | Y | |
| FILLET STEAK 7oz with Chips, Green Salad & a Garlic Tomato | M Whe | | | | | | | | | Y | | Y | | Y | |
| CHATEAUBRIAND for TWO 14oz with Chips, Green Salad & Garlic Tomatoes | M Whe | | | | | | | | | Y | | Y | | Y | |
| ADD A SAUCE : Butter Cafe de Paris | | | | Y | | | | | Y | Y | | Y | | Y | |
| ADD A SAUCE: Béarnaise | | | | | | | | | Y | Y | | Y | | Y | |
| ADD A SAUCE: Roquefort | Y Whe | | | | | | | Y | | Y | | | | | |
| ADD A SAUCE: Pepper Sauce | | | | | | | | | | Y | | | | Y | |
| FRENCH FRIES / CHIPS | M Whe | | | | | | | | | | | | | | |

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| FRENCH BEANS | | | | | | | | | | Y | | | | | |
| 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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