

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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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: 4th July 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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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						
BREAD GLUTEN FREE									Y						
CHEESE SOUFFLE with Ford Farm Coastal 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	
GRILLED SQUID with CHILLI & GINGER (Starter)			Y											Y	
PEA & BROAD BEAN SALAD	M Whe										Y	Y		Y	
FRESHWATER TROUT GRAVADLAX				Y		Y				Y	Y	Y		Y	
HERITAGE TOMATO SALAD														Y	
POTTED DEVON CRAB with AVOCADO GUACAMOLE, prawn butter	Y Whe Bar	Y								Y				Y	
ESCARGOTS / SNAILS	Y Whe Bar		Y							Y				Y	

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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	
PAN-FRIED SEA BREAM with BOUILLABAISE SAUCE	Y Whe Bar		Y	Y					Y	Y				Y	
PAN-FRIED CHICKEN with MORELS & SHERRY SAUCE (Leeks)										Y	Y	Y		Y	
GRILLED SQUID with CHILLI & GINGER (Main)			Y											Y	
HERITAGE TOMATOES with MOZZARELLA	Y Whe Bar									Y				Y	
HERITAGE TOMATOES without MOZZARELLA	Y Whe Bar													Y	
DUCK LEG CONFIT with CITRUS SAUCE										Y				Y	
HOMEMADE FISHCAKE with POACHED EGG (Trout & Smoked Haddock)				Y				Y	Y					Y	
RAINBOW BEETROOT SALAD with Goat's Curd & Croutons	Y Whe Bar									Y	Y	Y		Y	
RAINBOW BEETROOT SALAD with Vegan Creme Fraiche	Y Whe Bar Oat										Y	Y		Y	
FREE RANGE BEEF BURGER (Brioche Bun)	Y Whe						Y Wal	Y	Y	Y		Y	Y	Y	

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ADD : Chorizo Ketchup											Y			Y	
ADD : Bacon															
ADD : Gorgonzola										Y					
ADD : Emmental										Y					
HALLOUMI BURGER with HOUSE COLESLAW	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y	Y	Y		Y	
GRILLED TROUT FILLET with TOMATO HOLLANDAISE (Mixed Leaf Salad & Fries)	M Whe			Y					Y	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	
JIMMY BUTLER'S FREE RANGE GAMMON STEAK	M Whe								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	
STICKY BEEF with COCONUT RICE	Y Whe							Y		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	

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SMOKED PORK BELLY with RHUBARB	M Whe Rye Bar Oat							Y		Y	Y	Y	Y	Y	
ROAST BUTTERNUT SQUASH with FETA	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y	Y	Y	Y	Y	
ROAST BUTTERNUT SQUASH without Feta	Y Whe Rye Bar Oat				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 : Butter Cafe de Paris				Y						Y		Y		Y	
ADD : Sauce Béarnaise									Y	Y		Y		Y	
ADD : Sauce Roquefort	Y Whe							Y		Y					
ADD : Sauce Peppercorn										Y				Y	
FRENCH FRIES / CHIPS	M Whe														

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BUTTERED FRENCH BEANS										Y					
SWEET POTATO FRIES	M Whe														
MINTED NEW POTATOES										Y					
SMOOTH MASH										Y					
MIXED LEAF SALAD without dressing												Y			
Choice of dressing: classic French												Y		Y	
Choice of dressing: house balsamic with fig leaf oil														Y	
HOUSE COLESLAW	M Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y	Y			Y	
MIXED GREENS spinach, leeks, baby gem & peas															
SUMMER BERRY SAVARIN	Y Whe							Y	Y	Y				Y	
MANGO & PINEAPPLE CRUMBLE	M Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y				Y	
PISTACHIO SOUFFLE	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		Y		Y	
CHOCOLATE FONDANT								Y	Y	Y		Y		Y	

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STICKY TOFFEE PUDDING, cocoa & citrus crisp, creme fraiche	Y Whe Rye Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	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					
JUDE'S SORBETS Raspberry					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					

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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 Blood Orange					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
with Gavotte Biscuit (for Ice Creams & Sorbets)	Y Whe Bar							Y		Y					
CHEESE SELECTION	Y Whe Bar						Y Alm Brz Cas Haz Mac Pec Pis Wal			Y		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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