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## Sharers

**Rosemary & Garlic Camembert Baked in Sourdough**, British apple & fig chutney, celery (v) (1239kcal for two to share) 14

**Sourdough Boule**, extra virgin olive oil, balsamic vinegar, Maldon sea salt butter (v) (1319kcal for two to share) 5.5

**Nachos**, seasoned floured tortillas, sour cream, smashed avocado, jalapeños, tomato salsa, melted mature Cheddar (v) (1265kcal for two to share) 10.5

## Starters

**Pan-Fried King Prawns & Chorizo**, in homemade garlic butter, toasted sourdough bread (579kcal) 7

**Chipotle Chilli Corn Falafel**, spiced grains, pomegranate, houmous, coconut tzatziki (ve) (497kcal) 6

**Korean-Style Fried Chicken**, sweet soy & lemon grass slaw, red chillies, spring onion (488kcal) 6.5

**Crispy Calamari**, saffron aioli (382kcal) 6.5

## Roasts

*Our roasts are served with a Yorkshire pudding, ruffled thyme- roasted potatoes, buttered savoy cabbage, leeks, peas & roasted root vegetables*

**21 Day-Aged Sirloin of Beef**, red wine jus (1778kcal) 17.5

**Half-roast Chicken**, pig in blanket, stuffing & red wine jus (2160kcal) 15

**Nut Roast**, root vegetable roast made with almonds and walnuts, vegetarian gravy (v) (1544kcal) 14

Add: **Cauliflower Cheese** (v) (455kcal) 4 | **Pigs-In-Blankets** (433kcal) 4 | **Ruffled Thyme-Roasted Potatoes** (ve) (641kcal) 5

## Mains

**30 day-aged 8oz Sirloin Steak** (965kcal) 23

Roasted vine cherry tomatoes, triple-cooked chips, your choice of peppercorn\* (81kcal) or beef dripping & thyme sauce (123kcal)

**Steak, Shin & Pale Ale Pie**, slow-cooked steak & beef shin in a rich St Austell Brewery Tribute gravy, clotted cream mash, pangrattato crumb, buttered leeks, savoy cabbage, bordelaise sauce\* (1248kcal) 15

**Nourish Bowl**, tenderstem broccoli, spiced roasted chickpeas, vine tomatoes, houmous, pomegranate (ve) (513kcal) 12

Add: Chipotle Chilli Corn Falafel (ve) (179kcal) 2.5 | Halloumi (v) (414kcal) 2.5 | Chicken (194kcal) 2.5

**Chicken & Chorizo Skewers**, harissa & orange chickpea salad, houmous, zhoug dressing (851kcal) 15

**Plant-Based Burger**, mature Cheddar alternative made with coconut oil, Scotch Bonnet sauce, avocado, pink pickled onions, vegan burger sauce, brioche-style bun, your choice of salad (ve) (1198kcal) or seasoned fries (v) (1315kcal) 14

**Cheeseburger**, grilled beef patty made from prime cuts of steak, smoked Cheddar cheese, toasted brioche-style bun, seasoned fries, house sauce (1081kcal) 14

Add: Smoked Streaky Bacon (105kcal) 1.5

**Grilled Seabass Fillets**, heritage potatoes, sauteed leeks, peas & chorizo, lemon, thyme & white wine velouté (890kcal) 15.5

**Pale Ale-Battered Atlantic Cod & Triple-Cooked Chips**, minted crushed peas, homemade tartare sauce (1067kcal) 15

## Sides

**Halloumi Fries**, chipotle chilli jam (v) (792kcal) 7

**Triple-Cooked Chips** (v) (423kcal) 4.5

**Rosemary & Parmesan Fries**, white truffle-infused oil (501kcal) 5

**Avocado & Cherry Tomato Salad** (ve) (283kcal) 4.5

**Tenderstem Broccoli**, garlic, lemon, chilli and pine nuts (v) (163kcal) 4

**Croxtan Manor Mac & Cheese**, beef dripping pangrattato (489kcal) 5.5

## Desserts

**Belgian Chocolate Brownie**, salted caramel sauce, honeycomb ice cream (v) (514kcal) 6.5

**Sticky Toffee Pudding**, ginger ice cream (v) (888kcal) 6.5

**Caramel Biscuit Torte**, cinnamon biscuit base, creamy coconut-based topping, toffee sauce (ve) (753kcal) 7

All our allergen information is available online or via our Glass Onion app. It's easy to filter out dishes containing any of the 14 major allergens and is always kept up to date. Our food and drinks are prepared in food areas where cross-contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies, or intolerances, or need help accessing our allergen information, please let us know [before](#) ordering.

(V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. \* = this dish contains alcohol. Fish dishes may contain small bones. Weights stated are approximate uncooked weights. All items are subject to availability.

Adults need around 2000kcal a day. All calories are correct at the time of menu print. Live nutrition information is available online.