## **LUNCH MENU**

Served until 5pm

SANDWICHES		JACKET POTATOES	
On white or malted brown with crisps and salad garnish		Served with salad garnish	
Mature Cheddar & Ale Chutney v Mature Cheddar with Ham	9.00 9.50	Just Butter v, gf	8.25
Tuna Mayo Vegan Cheese & Tomato	9.50 9.25	Mature Cheddar v, gf Add beans for £1.00	10.25
Ham & Coleslaw Prawn & Marie Rose Sauce	9.25 10.50	Tuna Mayo gf Add cheddar for £1.00	11.75
WARM BAGUETTES		Pulled BBQ Pork & Cheddar gfo topped with crispy fried onions	12.75
White or brown, with salad garnish  Brie, Bacon & Cranberry	12.25	Mature Cheddar & Ham gf	12.25
Cornish Blue, Bacon & Red Onion Marmala Tuna & Cheddar Melt	de 12.25 12.50	Five Bean Chilli v, vgo, gf Add cheddar or vegan cheese for £1.00	11.75
Kittows Pen 'n' Tinny Jumbo Sausage and Fried Onions	12.50	SMALLER APPETITE	
BBQ Pulled Pork, Cheddar & Crispy Onions Chicken, Bacon & Mayo  Add a handful of chips for £2.00	12.50 12.50	Fish & Chips gf In our own ale batter with chips, mushy or garder	13.00
TRADITIONAL PLOUGHMAN'S		lemon wedge and homemade tartare sauce	12.50
With brown or white baguette, pickled onion, ale chutney, coleslaw and salad		Breaded Wholetail Scampi With chips, mushy or garden peas, lemon wedge and homemade tartare sauce	12,30
Chose from Mature Cheddar, Brie, Cornish Blue, Ham or Pork Pie		Ham, One Egg & Chips gf With peas or baked beans	12.00
Choice of One £14.75 or Choice of Two £16.50		Traditional Homemade Beef Lasagne With salad and garlic bread	13.00
DIRTY FRIES		0	12.50
Mac & Cheese bacon, spring onion and cheese crumb	12.75	With rice  Four Cheese Mac & Cheese v	12.50
BBQ Pulled Pork gfo 13.25 spring onion, sweet drop red peppers and crispy onions		With garlic bread	
Vegan Five Bean Chilli gf spring onion, and vegan cheese	12.50	Two Kittows Pen 'n' Tinny Sausage gf With creamy mash and onion gravy	12.50

## **ALLERGENS**

Bacon, Mushroom, Spring Onion & Cheddar gf 12.75

GF\* - Gluten Free | GFO\* - Gluten Free Option Available | V - Vegetarian | VG - Vegan | VGO\* - Vegan Option Available

All our allergen information is recorded and available upon request. Please let your server know about any allergen or intolerance you may have and we will be able to provide information on our ingredients. We take steps to minimise the risk of cross-contamination when preparing your food, however we do not have specific allergen-free zones in our kitchen and it is therefore not possible for us to fully guarantee separation of all allergens. If you would like further information on our preparation methods, please ask one of our team members.

