

## PENVENTON


12.00-9.00

## Nibbles

Choose 3 for 18.00
Focaccia, Olive Oil, Balsamic, Whipped Butter (v,2,7) Mixed Olives in a Herb Marinade (vg,df)

Bowl of Pigs in Blankets (gf*,mc:2)
Pork Belly Poppers (g**,2,7, me: I, I, 0, II)
Cranberry Croquettes (vg.gf*,mc:2,5,9,14)

## Starters

Classic Prawn Cocktail 11.00
Atlantic prawns, Bloody Mary sauce, baby gem lettuce, cucumber, smoked paprika, lemon wedge ( $3,4, \mathrm{l} 4, \mathrm{mc}: 9$ )

Marinated Vegan Feta Dippers 10.00
Cranberry chutney, smoked butternut purée (vg,gf*, 14 , mc:2,9)
Peri Peri Breaded Chicken Wings 10.50
Coca Cola BBQ sauce (gf*,4,7,I 4,mc:2,9)
Lightly Scorched Herb-Marinated Broccoli 10.00
Crispy poached hens egg, béarnaise sauce (gf*,4,7,mc:2)
Mains
Fish \& Chips 19.00
Chunky chips, mushy peas, tartar sauce, lemon wedge (gf*, $2,4,5,7,9$ )
10 oz Sirloin Steak 32.00
Confit garlic tomato, skinny fries, onion rings, watercress ( $2,7, \mathrm{mc}: 5$ )
Choose a sauce: Peppercorn ( $7,9,14$ ), Blue ( $7,9,14$ ), Béarnaise ( $2,4,79,14$ ).
Or, Red Wine sauce for a 2.50 supplement $(7,9,14)$
Penventon Madras Curry
Onion bhaji, coconut braised rice, coriander naan (gf*,2,9,10,I2,I 3, I 4) Choose between: Chicken 2 I.00, Cornish Fish 21.00 (5), Vegetable 19.00 (vg)

12-hour Braised Pork Belly 24.00
Buttered mashed potato, savoy cabbage, parsnip purée, homemade apple compote, crackling straws, cider jus ( 7,14 ,mc: I )

## Burgers

Beef Burger 18.50 (gf*, 2, 4, 7,9, $13,14, \mathrm{mc}: 5,12$ )
Chicken Burger 17.50 (gf*, 2,4,7,9,13,14, mc:5, 12)
Veggie Burger 16.50 (vg,gf*,2,9,12,13,14,mc: 1,4,7)

## Sides

Buttered New Potatoes 4.95 (v,vg*,7) Skinny Fries 4.95 (v,mc:2,5)
Festive Vegetables 4.95 (vg**,7,10) Chunky Chips 4.95 (v,mc:2,5) Cauliflower Cheese 5.50 (vg*,gf*,mc:2,7,9) Onion Rings 4.95 (v,2,mc:5)


## Desserts

Vanilla Crème Brûlée 10.00
Cranberry \& pistachio biscotti (v,gf*, 2,4,7,10, 4 )
Black Forest Bomb 11.00
Chocolate delice, kirsch cherry compote, cherry gel, cherry caramel sauce, chocolate soil (v,ge*4,7,10,l3,14)

Sticky Steamed Ginger Pudding 10.00
Stem ginger syrup, orange \& mascarpone ice cream, candied orange zest (v,df*gf*,4,7,10)

## Mrs P's Tiramisu 11.00

Coffee Liqueur, cocoa powder (v,2,7,14,mc: 10)
Ice Cream Selection 8.00
Buttered shortbread (dc,v,vg*,2,4,7)

## Cheese Selection Experience



Chosen, served, and cut at your table...
15.50

Choose five cheeses. Served with red grapes, quince jelly, crunchy celery, and Miller's artisan crackers
(v, I,2,4,7,9,10, I 3, I 4,mcII)
Cornish Yarg
Celtic Gold
Stilton Blue
Helford White
Nanny Muffet
Cornish Brie
Davidstow Cheddar
Complimentary glass of Taylor's Late Bottled Vintage ( 50 ml )

## Allergen Advice

## 1. CELERY

This includes celery stalks, leaves,seeds and the root called celeriac. You canfind celery in celery salt, salads,some meat products, soups and stock cubes.

## 2. CEREALS CONTAINING GLUTEN

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats are often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes,couscous,meat products, pasta, pastry, sauces, soups, and fried food which aredusted with flour.

## 3. CRUSTACEANS

Crabs,lobster, prawns and scampi are crustaceans.Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.


## 4. EGGS

Eggs are often found in cakes,somemeat products, mayonnaise, mousses, pasta, quiche, saucesand pastries or foods brushed or glazedwith egg.

## 5. FISH

You will find this in some fish sauces, pizzas, relishes, saladdressings, stock cubesand Worcestershire sauce.

## 6. LUPIN

Yes,lupin is a flower, but it's also found in flour. Lupin flour and seedscanbeused in sometypes of bread, pastries and even in pasta.

## 7.MILK

Milk is a common ingredient in butter, cheese,cream,milk powders and yoghurt. It canalsobefound in foods brushed or glazedwith milk, and in powdered soups and sauces.

## 8. MOLLUSCS

These include mussels,land snails, squid and whelks, but can alsobe commonly found in oyster sauce or asan ingredient in fish stews.


## 9. MUSTARD

Liquid mustard, mustard powder and mustard. This ingredient can also be found in breads,curries, marinades, meat products, salad dressings, sauces and soups.


## 10.NUTS

This ingredient refers to nuts that grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts,nut powders, stir-fried dishes,ice cream, marzipan, nut oils and sauces.


## 11.PEANUTS

Grown underground, peanuts are often found in biscuits, cakes, curries, desserts, sauces(such as satay sauce), aswell asin groundnut oil and peanutflour.

## 12. SESAME SEEDS

These seeds can often befound in bread, breadsticks, hummus, sesame oil and tahini.


## 13. SOYA

Found in bean curd, edamame beans, miso paste,textured soyaprotein, soya flour or tofu, soya is astaple ingredient in oriental food. It can alsobefound in desserts,ice cream, meat products, sauces and vegetarian products.


## 14.SULPHUR DIOXIDE (SOMETIMES KNOWN AS SULPHITES)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might alsofind it in meat products, soft drinks, vegetables, as well as in wine and beer. If you have asthma, you havea higher risk of developing a reaction to sulphur dioxide.

## DG: DAILY CHANGING

Daily changing dishes include varying ingredients containing specific allergens.
Please ask your serverfor further allergen information.

