

Jacket Potatoes

Why not substitute your chips or mash for a freshly baked jacket potato or make it a main?

Served as a main with fresh salad leaves, tomato, cucumber, red onion and a light dressing.

Fillings:	Cheese (V)	£6.95
	Cheese and beans (V)	£7.95
	Homemade coleslaw (V)	£7.95
	Tuna mayonnaise	£7.95
	Chilli con carne (GF)	£8.95

Sides

Olives (V/GF)	£2.95
Marinated pitted olives	
House salad (V/VG/GFO)	Large £6.50 / Small £3.95
Fresh salad leaves, tomatoes, red onions, and cucumber with a light homemade dressing	
Chips (V/VG/GFO)	£2.95
Seasoned with Cornish sea salt	
Bread and butter (V)	£1.50
1 slice of Baker Tom's chunky bread, served with Cornish butter	
Garlic ciabatta (V)	£2.95
2 slices of ciabatta baked with garlic butter	

Loved your meal and service? Then review us on TripAdvisor and like us on Facebook. We value your feedback and support, and look forward to serving you again.

Some of our meals may contain gluten and other allergens. Please ask for more details and we will be happy to assist you.



Children's Menu

All children's meals are served with mash or chips, peas or beans, and include a carton of apple or orange juice, or glass of squash

Cornish sausage	£5.95
Lightly battered chicken breast pieces	£5.95
Crispy-battered mini fillet of cod	£5.95
3oz prime Cornish beef burger	£5.95
with or without cheese, served in a Baker Tom's glazed roll	
Margherita pizza (V)	£5.95
Children's Callestick Farm Cornish ice cream (GF)	£2.50
One scoop of vanilla, chocolate or strawberry ice cream, served with chocolate or strawberry sauce and mini marshmallows	

Desserts

New York Cheesecake (GFO)	£4.95
Served with clotted cream	
Selection of Callestick Farm Cornish ice cream (GF)	£4.95
3 Scoops of Clotted Cream Vanilla, Belgian Chocolate or Clotted Cream and Strawberries	
Chocolate brownie sundae (GFO)	£5.95
Warm chocolate brownie chunks, chocolate sauce and vanilla ice cream topped with fresh cream and a wafer	
Eton Mess Sundae (GFO)	£5.95
Homemade meringue pieces, fresh local strawberries, vanilla ice cream and a wafer	

Served warm, with vanilla ice cream or Cornish clotted cream:

Apple and cinnamon crumble	£4.95
Sticky toffee pudding	£4.95
Served with hot toffee sauce	
Alabama chocolate cake (GF)	£4.95

Evening Menu

Served from 5pm-9pm



Welcome

We've used local, high quality produce wherever possible, so we hope you enjoy your meal. Do ask if we can make tweaks to a meal to meet dietary requirements or preferences and we'll do our best. Full allergy information is available from our bar staff. Please make a note of your table number and order at the bar when you're ready.

From the sea

Wholetail breaded scampi	£9.95
Served with chips, mushy or garden peas, homemade tartare sauce and lemon	
Crispy battered fillet of cod	£10.95
Served with chips, mushy or garden peas, homemade tartare sauce and lemon	
Pan fried fillet of hake	£15.95
Served on a bed of clams, asparagus and samphire with a white wine veloute	

Vegetarian

Vegetable lasagne verdi (V)	£9.95
Roasted Mediterranean vegetables in a creamy béchamel sauce, served with garlic ciabatta and salad	
Portobello mushroom burger (V)	£9.95
Topped with melted Cornish Blue cheese, fresh salad leaves, tomato and red onion, served with chips and coleslaw	
Beetroot and goats cheese filled gnocchi (V)	£10.95
Served in a creamy white wine and chive sauce, served with garlic ciabatta	

Grills and pub classics

Cornish Wheal Rose sausage	£9.95
Served on creamy mashed potato with garden peas and a rich gravy	
Hunter's chicken	£10.95
Fresh chicken breast baked and topped with back bacon, BBQ sauce and melted cheese, served with chips, onion rings, and side salad	
Homemade beef lasagne	£10.95
Rich beef bolognese sauce layered with sheets of pasta and creamy béchamel sauce, served with garlic ciabatta and a side salad	
Cornish 10oz gammon steak	£11.95
Served with chips, pineapple and a Cornish free-range fried egg, finished with homemade onion rings	
Stable Bar cheeseburger	£11.95
6oz prime Cornish steak burger served in a glazed seeded bun with local back bacon, melted cheddar, lettuce, beef tomato and red onion, served with chips, homemade onion rings and coleslaw	
Steak and ale pie	£12.95
Tender British beef and real ale gravy, topped with puff pastry, served with chips or mash and mushy or garden peas	
8oz Cornish sirloin steak	£15.95
Local steak served with chips, homemade onion rings and a side salad	
Add homemade creamy pepper or port and Stilton sauce	£2.95
BBQ sticky ribs	£15.95
Full rack of ribs glazed in a sticky BBQ sauce served with chips, homemade onion rings, coleslaw and a salad garnish	
Thai green curry with jasmine rice (GF)	
Homemade aromatic and spicy Thai green curry	
Vegetable	£11.95
Chicken	£13.95
Monkfish and king prawn	£15.95

Pizzas

Artisan stone-baked, 11 inch pizzas with a rich tomato and basil sauce, finished with mozzarella	
Margherita (V)	£8.95
Mozzarella cheese with rich tomato sauce	
Ham and Mushroom	£9.95
Four Cheese	£9.95
Goats Cheese, Cheddar, Cornish Blue and Mozzarella	
The Veggie (V)	£9.95
Tomato, red onion, mushroom, peppers and homemade basil pesto	
BBQ Chicken	£9.95
Sticky BBQ chicken, red onion and peppers	
Meat Feast	£10.95
Pepperoni, ham, bacon and chicken	

Salads

All served with Baker Tom's bread and Cornish butter	
Chicken and bacon (GFO)	£9.95
Chargrilled chicken breast, local back bacon, served on a bed of fresh leaves, tomato, cucumber and red onion, topped with a caesar dressing	
Mackerel and beetroot salad (GFO)	£9.95
Pan fried mackerel served with sliced beetroot, fresh salad leaves, tomato, cucumber and red onion, dressed with our homemade dressing	
Scampi salad	£9.95
Wholetail breaded scampi on a bed of fresh leaves, tomato, cucumber and red onion, dressed with homemade tartare dressing	

V = Vegetarian VG = Vegan GF = Gluten free GFO = Gluten free option