



Sample Gluten Free and Vegetarian Menu
(in this case it is a Sunday Lunch)

Today's menu is prepared by Head Chef Gillian Peck
Thank you for coming. We hope you enjoy our presentation and food.
If anything is not to your liking, please inform the waiting staff
who will attend to the matter immediately.



Cream of Broccoli Soup



or



Fan of Cantaloupe Melon and Kiwi Fruit



with Forest Fruits Sorbet

or

West Country Pork Pâté

with Spiced Apple and Pear Chutney with Melba Toast

or



Deep Fried Crispy Breaded Camembert



with Cranberry Mayonnaise

Pan Fried Darne of Salmon



Set on Leek and Dill Carbonara

or

Roast Sirloin of Helston Farm Beef



with Cornish Pudding, Horseradish Sauce and Gravy

or

Breast of Chicken Fillet



or Quorn in Tarragon and White Wine Sauce

on a Bed of Wilted Baby Leaf Spinach

or

Slowly Roasted Lamb Shank



with Garden Mint and Rosemary Jus

or



Mediterranean Vegetable Risotto



with Roasted Plum Tomatoes, Parmesan and Wild Rocket

**All main courses are served
with Chef's Selection of Vegetables.**



Warm Apple Lattice Pie

or



Meringue Nest



Filled with Summer Fruits

or



Banana Bermuda with Dark Chocolate



Rum and Raisin Ice Cream and Rum

**Sweets are served with your choice of
Clotted Cream, Pouring Cream,
Ice Cream or Custard**

**Coffee, Tea or Hot Chocolate and Mints
are served in the Sitting Room.**

**Jugs of iced water are placed on the table,
but if you prefer bottled water,
still and sparkling are available.**

**Please advise us if you have any food
allergies or intolerance.**

3 or 4 Courses: £15.00 including 20% VAT
