**SUNDAY lunch**

 Tomato, Roast Pepper & Mix Bean Soup, Artisan Bread & Butter (Gfo) £ 6

Marinated Olives In olive oil with garlic, lemon, chillis and herbs. Vg 4.75

Bread Board Selection with Cornish butter £4.95

Smoked Salmon, Peppered Smoked Mackerel and Prawn Marie Rose Salad with Bread & Butter (Gf Bread Option) £ 12

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Slow Roast Topside of Beef (Gfo) £ 11.75 / £ 16.75

Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables & gravy.

Slow Roast Leg of Pork with Apricot, Sage & Sausage meat Stuffing, Pigs in Blankets (Gfo)

 £ 11.75 / £ 16.75

Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables & gravy.

(GF, Vegan Option – please tell your server)

Mixed Bean, Vegetable & Mushroom Roast (Gfo) £ 11.75 / £16.75

Roast Potatoes, Roast Parsnip, Yorkshire Pudding, seasonal vegetables & gravy.

Steak & Tribute Ale Pie £ 11 / £ 16

Shortcrust Pastry, Chips or Roast Potatoes, Vegetables & Gravy

Beer Battered Cod Fillet

Chunky Chips, Peas, Tartar Sauce, Lemon £ 11 / £ 16

Whole Tail Breaded Scampi

 Chunky Chips, Peas, Tartar Sauce, Lemon £ 11 / £ 16

Beef or Vegetable Lasagne, Salad, Coleslaw, Chunky Chips or Garlic Bread

£ 10 /£ 15.50

Trevarthen’s Honey Roast Ham, Egg, Chips and Peas £ 10.50 / £ 14

 Home Made Mixed Vegetable, Spinach, Chickpea & Coconut Curry £ 16 (Gfo, Df, Vg) Cumin & Coriander Rice, Poppadom & Mango Chutney

Ploughman’s Sharing Board £ 20 or Single £ 11

Choose two from Roast Ham, Cheddar, Stilton & Brie, dressed Salad, Coleslaw, Pickled Onions, Home-made Onion Chutney, Apple, Ciabatta Rolls (White or Brown) (Gfo)

Smoked Salmon, Peppered Smoked Mackerel and Prawn Marie Rose Salad with a Bread & Butter (Gf Bread Option) £23

**please note for under 10’s ONLY - for the ‘little’ ones**

**CRISPY BREADED CHICKEN STRIPS Chunky chips & baked beans. 8.00**

**2 CUMBERLAND SAUSAGES Fried egg, chunky chips & peas. 8.00**

**PANKO BREADED COD STRIPS Chunky chips & peas. 8.00**

**MACARONI CHEESE Salad & garlic bread. Gfo 8.00**

**a bit on the side!**

GARLIC CIABATTA v, gfo, vgo £4.00

GARLIC CIABATTA with CHEESE v, gfo, vgo £5.00

CHUNKY CHIPS small 3.25 large £4.50

CHUNKY CHIPS with CHEESE small 4.00 large £5.00

BEER BATTERED ONION RINGS £5.25

DRESSED SALAD with COLESLAW £5.25

**Fresh Da Bara ciabatta rolls -white or brown with Tyrell’s Vegetable Crisps & coleslaw**

Honey Roast Ham, Salad and English mustard £ 9.25

Mature Cheddar, Salad and caramelised onion chutney vgo £9.25

B.L.T – bacon, leaves, tomato, and mayo’ £9.50

Smoked Salmon, Salad & Cream cheese £11.00

***Allergies/ Intolerances***

***If you require information on any ingredients used in our dishes which may cause you allergy or intolerance, please speak to your server before ordering. If you have a food allergy, please inform a member of our team so that our chefs are aware. We take every precaution to avoid cross contamination, however wheat and nut products are used in our kitchen daily.***

***Fish dishes may contain small bones and because our crab is hand-picked it may occasionally contain small pieces of shell.***

(Gf) – Gluten Free (Gfo) – Gluten Free Option

Roast Turkey Crown (Gfo) £ 11.00 / £16.25

 Roast Potatoes, Roast Parsnip, Pigs in Blankets, Sage, Onion & Pork Stuffing, seasonal vegetables & gravy. £11.00 / £16.25

Southern Fried Chicken Burger £ 16

Da Bara Ciabatta Roll with Salad, Chunky chips, Coleslaw & Garlic Mayo’

Slow Roast Leg of Lamb (Gfo) £ 11.00 / £ 16.25

Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables & gravy.

Home Made Mixed Vegetable, Spinach, Chickpea & Coconut Curry £ 16 (Gfo, Df, Vg) Cumin & Coriander Rice, Poppadom & Mango Chutney

Honey & Whole Grain Mustard Pig in Blankets Skewer £ 5

Smoked Salmon, Peppered Smoked Mackerel and Prawn Marie Rose Salad with Bread & Butter (Gf Bread Option) £12

Southern Fried Chicken Burger £ 16

Da Bara Ciabatta Roll with Salad, Chunky chips, Coleslaw & Garlic Mayo’

Smoked Salmon, Peppered Smoked Mackerel and Prawn Marie Rose Salad with Bread & Butter (Gf Bread Option) £21

4oz or 8oz (2x4oz) Trevarthen’s Hand Pressed Beef Burger, Cheddar Cheese, Bacon, Salad, Ciabatta Roll, Coleslaw, Chunky Chips, (Gfo) £ 11.75  **/**  £16.75

Home Made Chilli & Ginger Chicken Curry £ 16 (Gfo, Df)

Medium Spiced – with Coriander and Cumin Rice, Poppadom and Mango *Chutney*

Steak & ‘Tribute’ Ale Pie £ 11 / £ 16

Shortcrust Pastry, Chips or Baby Potatoes, Vegetables & Gravy

Beer Battered Cod Fillet

Chunky Chips, Peas, Tartar Sauce, Lemon £ 11 / £ 16

Quiche Lorraine, Chips, Salad and Coleslaw

Home Made Cauliflower, Sweet Potato & Spinach Curry £ 15.75

Coriander & Cumin Basmati Rice, Poppadom & Mango Chutney

Sage & Onion Stuffed Chicken Breast

Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy. £ 10 / £ 15.75

Antipasto Sharer – Spanish Meats, Smoked Paprika & Basil Houmous, Olives, Bread, Olive Oil & Balsamic £20

4oz or 8oz (2x4oz) Trevarthen’s Hand Pressed Beef Burger, Cheddar Cheese, Bacon, Salad, Ciabatta Roll, Coleslaw, Chunky Chips, (Gfo) £ 11.75  **/**  £16.75

Lemon, Garlic, Chilli & Herb Marinated Olives £ 4.25

Garlic & Chilli Prawns in Olive Oil with Bread £ 11 (Gfo)

Trevarthen’s Honey Roast Ham, Egg, Chips & Peas £ 9.50 / £ 13.50

**CHEESY TOMATO & BASIL PASTA Salad & garlic bread. vgo gfo 8.00**

Kings Arms Fish Pie £ 16.75 (Gf)

White Fish, Salmon, Smoked Haddock and Prawns in a Parsley, White Wine and Cream Sauce, Piped with Mashed Potatoes and topped with Cheese served with Steamed Vegetables or Salad

Baked Potato, Salad, Coleslaw & Butter - Choose From:

Cheese £9 (Vgo) - Cheese & Beans £9.50 (Vgo) Prawn Marie Rose £ 11

Southern Fried Chicken Burger £ 16

Da Bara Ciabatta Roll with Salad, Chunky chips, Coleslaw & Garlic Mayo’

Home Made Garlic, Chilli & Ginger Chicken Curry - Medium Spiced - with Coriander and Cumin Rice, Poppadom and Mango £15.75

Deep Fried Salt & Pepper Squid, Served in a warm pepper and sweet chilli salad £ 8.50

FRESH STEAMED SEASONAL VEGETABLES £5.00

Home Made Garlic, Chilli & Ginger Chicken Curry - Medium Spiced - with Coriander and Cumin Rice, Poppadom and Mango £15.75

Mixed Vegetable, Spinach & Chickpea Curry £ 15.75

Cumin & Coriander Rice, Poppadom & Mango Chutney (Vg)

Prawn Marie Rose, Smoked Salmon & Smoked Mackerel Salad £ 12 / £ 23

 served with Bread and Butter

Prawn ‘Marie Rose’ £11.00

Wild Mushroom & Parmesan Arancini £ 8

Served on Balsamic dressed leaves with Basin Pesto

Whole Tail Breaded Scampi

 Chunky Chips, Peas, Tartar Sauce, Lemon £ 10 / £ 15.50

Cold Meat Sharing Board £ 18

Cold Roast Topside of Beef & Ham, dressed Salad, Coleslaw, Pickled Onions, Sweet Pickle, Apple, Crusty Artisan Bread (Gfo)

‘Katsu’ Chicken or Prawn Curry £ 14

 Breaded Chicken Breast Strips or Panko Breaded Prawns In a spicy coconut curry sauce, Coriander & Cumin Basmati Rice, Poppadom & Mango Chutney

Lamb Madras £14

medium spiced - cooked with Indian Spices, fresh ginger, garlic, onions, tomatoes chilli and coriander

‘Katsu’ Chicken or Prawn Curry £ 15

 Breaded Chicken Breast Strips or Panko Breaded Prawns In a spicy coconut curry sauce, Coriander & Cumin Basmati Rice, Poppadom & Mango Chutney

Mixed Vegetable and Lentil Curry £ 15

In a spicy Coconut Curry Sauce wit Coriander & Cumin Basmati Rice, Poppadom & Mango Chutney

Mixed Bean and Vegetable Burger, Salad, Ciabatta Roll, Coleslaw, Chunky chips £15.50 (Gfo)

8oz Hand Pressed Beef Burger, Cheddar Cheese, Southern Fried Breaded Chicken Burger, Chipotle Salad, Ciabatta Roll , Coleslaw, Chunky Chips (GfO) Mayonnaise, £ 14.50 Salad, Ciabatta Roll, Coleslaw, Chunky Chips

 Chilli Con Carne £11 £ 14.50

 Add Bacon £ 1

Cornish White Crab Sandwich, simply seasoned, Salad and Coleslaw £ 15.50

Steak & ‘Tribute’ Ale Pie £9.50 / £ 15

Shortcrust Pastry, Chips or Roast Potatoes, Vegetables

‘Katsu’ Chicken or Prawn Curry £ 14

 Breaded Chicken Breast Strips or Panko Breaded Prawns In a spicy coconut curry sauce, Coriander & Cumin Basmati Rice, Poppadom & Mango Chutney

Slow Roast Leg of Lamb

Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy. £ 10 / £ 14

Fish Salad £ 12 small/ £ 24 main

Cornish White Crab, Smoked Salmon, Smoked Mackerel and Prawn Marie Rose Salad served with Bread & Butter (Gf option)

Kings Arms Fish Pie £ 14.95 (Gf)

Cod, Salmon, Seabass and Prawns in a Parsley and White Wine and Cream Sauce, Piped with Mashed Potatoes and topped with Cheese served with Salad

Home Made Garlic & Ginger Chicken Curry £ 14

 Medium Spiced - served with Coriander Rice, Poppadom and Mango Chutney

Game Pie - Venison, Pheasant, Partridge & Root Vegetable, Chips or Mashed Potato, Vegetables £9 / £ 14.50

Chilli Con Carne £9.50 -

‘Katsu’ Chicken or Prawn Curry £ 14

 Breaded Chicken Breast Strips or Panko Breaded Prawns In a spicy coconut curry sauce with Coriander & Cumin Basmati Rice, Poppadom & Mango Chutney

***Toasted Paninis***

With Side Salad and Coleslaw

Roast Vegetable and Smoked Cheddar £ 9.75 Bacon, Brie and Cranberry £ 9.75

Ham and Cheddar £9.75

- - Prawn Marie Rose £11

**CHILDREN’S MENU £ 6.50**

 Cheesy tomato and Basil Pasta, Garlic Bread (V)( Gfo) Cumberland Sausage, Mash, Peas

 Breaded Chicken Strips, Chips, Baked Beans Panko Breaded Cod Fish Fingers

 Chips, Peas

 Pasta Bolognese with Garlic Bread and Salad (Gfo)

**EXTRAS / SIDES**

 Chunky Chips £ 3.50 with Cheese £ 4.00

Beer Battered Onion Rings £ 4.00 Fresh Steamed Vegetables £ 4.75

 Dressed Side Salad £ 4.75 Homemade Coleslaw £ 2

Vegetable Curry £ 14

In a spicy coconut curry sauce with Coriander & Cumin Basmati Rice, Poppadom & Mango Chutney (Gf, Vegan)

Cornish White Crab Sandwich, simply seasoned, Salad and Coleslaw £ 15.50

**or Roast Turkey**

Served with Pigs in Blankets & Stuffing, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy.

- Prawn Marie Rose £12.50

Prawn & Smoked Salmon Cocktail £ 8.50

Iceberg Lettuce topped with Smoked Salmon and Prawn Marie Rose served with Bread and Butter

Southern Fried Breaded Chicken Burger, Chipotle Mayonnaise, Salad, Ciabatta Roll , Coleslaw, Chunky Chips (GfO) £ 15.50 **Add Bacon £ 1.50**

Quiche – Cheese, Tomato, Onion & Mushroom, Chips, Salad and Coleslaw £ 12

Pan Seared Scallop & Smoked Pancetta Salad £10 small / £ 22 main

 with Balsamic Dressing

Anti-Pasto Sharing Platter £ 14.75

Continental Meats, Our Own Marinaded Olives, Mozzarella with Pesto, Artisan Bread, Balsamic Vinegar and Olive Oil (Go)

**MOTHERING SUNDAY LUNCH**

**Tomato, Lentil & Basil Soup**

Artisan Bread & Butter £ 5

**Fish Salad £ 10**

Smoked Salmon, Smoked Mackerel and Prawn Marie Rose Salad with Bread & Butter

**Ardennes Pate £ 8**

Salad, Onion Chutney & Crusty Bread

 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**Slow Roast Topside of Beef or Leg of Lamb**

Served with Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy.

**or Roast Turkey**

Served with Pigs in Blankets & Stuffing, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy.

**£ 10 / £14**

**Mushroom, Mixed Bean, Vegetable and Nut Roast**

Roast Potatoes, Roast Parsnip, Seasonal Vegetables and gravy. **£10 / £14**

(GF & Vegan Option)

**Steak & ‘Tribute’ Ale Pie**

 Shortcrust Pastry, Chips or Roast Potatoes, Vegetables

 **£8 / £ 13.50**

**Oven Baked Seabass Fillet with Salsa Verdi**

 Served on pan fried potatoes & Mediterranean Vegetables with Smoked Paprika and Garlic **£ 14**

**Beer Battered Cod Fillet**

Chunky Chips, Peas, Tartar Sauce, Lemon **£ 8 / £ 13.25**

**Whole Tail Breaded Scampi**

 Chunky Chips, Peas, Tartar Sauce, Lemon **£ 8 / £ 13.25**

**‘Mixed Vegetable Curry £ 13.25**

 A mild, fruity and creamy coconut curry sauce served with Coriander Rice, Poppadom & Mango Chutney

Kings Arms Fish Pie £ 14.95 (Gf)

Cod, Salmon and Prawns in a Parsley and White Wine and Cream Sauce, Piped with Mashed Potatoes and topped with Cheese served with Salad

Beer Battered Cod Fillet

Chunky Chips, Peas, Tartar Sauce, Lemon £ 9 / £ 14.50

Kings Arms Dirty Fries £ 13.50

 Chunky Chips with Chilli Beef & Mixed Beans Topped with Cheese, Mustard, Garlic & Smoked Paprika Sauce, Sprinkled with Cheddar Cheese & Jalapenos (GF)

Ardennes Pate £ 7

Salad, Red Onion Chutney & Toast

Fillet of Oven Baked Hake with Salsa Verdi £ 21

Stir-fried Potatoes & Mediterranean Vegetables with Garlic & Smoked Paprika

Ham, Egg, Chips and Peas £ 7.50 / £ 13.50

*Ploughman’s Sharing Board £ 14.50*

Cheddar, Stilton & Brie, dressed Salad, Coleslaw, Pickled Onions, Sweet Pickle, Apple, Crusty Artisan Bread (Gfo)

Anti-Pasto Sharing Platter £14.75

Continental Meats, Our Own Marinaded Olives, Sun Blush Tomatoes in Oil, Artisan Bread, Balsamic Vinegar, and Olive Oil (Gfo)

8oz Hand Pressed Beef Burger, Cheddar Cheese, Salad, Ciabatta Roll, Coleslaw, Chunky Chips (Gfo) £14 Add Bacon £ 1

Venison Burger with Bacon, Smoked Cheddar & Salad, Da Bara Ciabatta Roll, Coleslaw & Chips £ 14.95

Crab Tagliatelle with Chilli & Garlic, Cream and Herb Oil with dressed Salad £ 18

Ham, Egg, Chips & Peas £ 9 / £ 14

Kings Arms Fish Pie £ 15.50 (Gf)

Cod, Salmon and Prawns in a Parsley and Saffron White Wine Cream Sauce, Piped with Mashed Potatoes and topped with Cheese served with Salad

‘Katsu’ Curry £ 13.25

Choose from Breaded Chicken Breast Pieces or Panko Breaded Prawns with Spicy coconut curry sauce with Coriander & Cumin Basmati Rice, Poppadom & Mango Chutney

**Toasted Paninis**

With Side Salad & Coleslaw

Steak, Onion & Stilton £10 Bacon, Brie & Cranberry £ 8.50

Ham & Cheddar £8.50

 Roast Vegetable & Smoked Cheddar £8.50

Onion Bhajis with mint, cucumber raita £ 6

Grilled Fillet of Seabass, Stir Fried Potatoes & Vegetables, Basil & Garlic Salsa Verde £ 13.25

Vegan Sausage, Tomato & Mixed Bean Casserole, Roast Potatoes & Vegetables

£ 13.25

Thai Cod, Salmon and Prawn Fishcake with sweet Chilli Sauce, Chips & Salad £ 9.25 / £13.25

*Anti-Pasto Sharing Platter £14.75*

Continental Meats, Our Own Marinaded Olives, Artisan Bread, Balsamic Vinegar and Olive Oil (Gfo)

**SUNDAY LUNCH**

Tomato, Mixed Bean and Basil Soup

 Artisan Bread & Butter £ 5.50

Slow Roast Topside of Beef or Leg of Pork, Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy.

Mushroom, Vegetable and Nut Roast, Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy. £ 10 / £14 (GF & Vegan)

Fish Salad £ 11.50 / £ 23

Cornish Crab, Smoked Salmon, Smoked Mackerel and Prawn Marie Rose Salad

served with Bread & Butter

Steak & Ale Pie, Chips or Roast Potatoes, Vegetables £9 / £ 14.50

Beer Battered Cod Fillet

Chunky Chips, Peas, Tartar Sauce, Lemon £ 9 / £ 14.50

Whole Tail Breaded Scampi

 Chunky Chips, Peas, Tartar Sauce, Lemon £ 9 / £ 14.50

‘Katsu’ Prawn Curry £ 13.25

 Panko Breaded Prawns with a mild, fruity and creamy coconut curry sauce with peppers and spinach served with Coriander Rice, Poppadom & Mango Chutney

Breaded Thai Style Fishcake £13

Cod & Prawn, Chill, Coriander & Lemon served with Chips, Salad, Coleslaw & Sweet Chilli Sauces

*Ploughman’s Sharing Board £ 15 for £ 1Person £10*

Cheddar, Stilton & Brie, dressed Salad, Coleslaw, Pickled Onions, Sweet Pickle, Apple, Crusty Artisan Bread (Gfo)

Anti-Pasto Sharing Platter £14.75

Continental Meats, Our Own Marinaded Olives, Mozzarella with Pesto, Artisan Bread, Balsamic Vinegar and Olive Oil (Gfo)

Tomato, Pepper and Mixed Bean Soup, Basil Oil, Artisan Bread & Butter £ 5

Mini Baked Camembert with Rosemary & Garlic, Caramelised Red Onion Chutney & Bread to Dip £ 8

Cold Meats – Beef a & Ham, Salad, Coleslaw, Pickle & Chips £ 13.25

Cornish White & Brown Crab, Smoked Salmon, Smoked Peppered Mackerel and Prawn Marie Rose Salad with Bread & Butter

£ 10 / £ 20

Kings Arms Fish Pie £ 14.75 (Gf)

Cod, Salmon and Prawns in a Parsley and White Wine Cream Sauce, Piped with Mashed Potatoes and topped with Cheese served with Vegetables.

Cornish White & Brown Crab Sandwich, Salad and Coleslaw £13.25

Ardennes Pate and Toast with Cranberry & Orange Sauce £7.50

Kings Arms Fish Pie £ 14.75 (Gf)

Cod, Smoked Haddock, Salmon and Prawns in a Parsley and White Wine Cream Sauce, Piped with Mashed Potatoes and topped with Cheese served with Vegetables.

Pan Seared Cornish Scallop and Bacon Salad £ 20

Balsamic Dressing and Crusty Bread Roll

Kings Arms Fish Pie £ 14.75 (Gf)

Cod, Salmon and Prawns in a Parsley and White Wine Cream Sauce, Piped with Mashed Potatoes and topped with Cheese served with Vegetables.

Grilled Sole Fillets £ 18

Sauteed Mushrooms & Prawns, Parsley Crushed New Potatoes

Mini Baked Camembert with Rosemary & Garlic, Caramelised Red Onion Chutney & Bread to Dip £ 8

Cold Meats – Beef a & Ham, Salad, Coleslaw, Pickle & Chips £ 13.25

**SUNDAY LUNCH**

‘Katsu’ Curry £ 13.25

Choose from Breaded Chicken Breast Pieces or Panko Breaded Prawns with a mild, fruity and creamy coconut curry sauce with peppers and spinach served with Coriander Rice and sweet pickled vegetables

‘Katsu’ Breaded Chicken or Prawn Curry £ 13.25

 Panko Breaded Prawns with a mild, fruity and creamy coconut curry sauce with peppers and spinach served with Coriander Rice, Poppadom & Mango Chutney

Slow Roast Topside of Beef or Leg of Lamb, Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy.

£9.25 / £13.25

Mushroom and Nut Roast, Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy. £9.25 / £13.25

Steak and Kidney Pie, Chips or Mashed Potato, Vegetables

£8 / £13.50

Cornish White Crab, Smoked Salmon, Smoked Peppered Mackerel and Prawn Marie Rose Salad with Bread & Butter

£ 10 / £ 20

Cornish White Crab Sandwich, Salad and Coleslaw £13.25

Trio of Sausages & Mash £ 13 (GF)

Honey Roast, Cumberland & Lincolnshire Sausages, Mashed Potato, Vegetables and Onion Gravy

Cornish White Crab Sandwich, Salad and Coleslaw £13.25

Pan Seared Scallop & Bacon Salad £21

Served with Black Pudding & Balsamic Dressing

Cajun Chicken Salad £ 13.25

 Chicken Fillet coated in Cajun spice, served on dressed mixed salad with Yoghurt & Mint Dressing, coleslaw and Artisan Bread

Steak and Ale Pie, Chips or New Potatoes, Vegetables £8 / £13.50

Kings Arms Fish Pie £ 14.75 (Gf)

Cod, Smoked Haddock, Salmon and Prawns in a Parsley and White Wine Cream Sauce, Piped with Mashed Potatoes and topped with Cheese served with Vegetables.

8oz Rump Steak (GfO)

Grilled Tomato, Mushrooms, Onion Rings, Chips and Peas

**£ 19**

**Add a Blue Cheese or Peppercorn Sauce £ 3**

Carrot, Courgette & Coriander Soup,

 Artisan Bread & Butter £ 5

Kings Arms Brunch £ 9

2 Sausages, 2 Rashers of Bacon, 2 Hash Browns, 2 Fried Eggs, Mushrooms, Grilled ½ Tomato, Baked Beans and Toast (GfO)

Ploughman’s Sharing Board £ 14.50

Cheddar, Helford Blue & Cornish Brie, dressed Salad, Coleslaw, Pickled Onions, Sweet Pickle, Apple

Crusty Artisan Bread (GfO)

Anti Pasto Sharing Board £ 14.50

A selection of Continental Meats, Cheeses, Marinated Olives, Gherkins, Crab Apple Jelly

Crusty Artisan Bread (GfO)

 Beer Battered Cod Fillet or Whole Tail Breaded Scampi Chunky Chips, Peas, Tartar Sauce, Lemon £ 8 / £ 13.25

‘Kings Arms’ Dirty Fries £ 13

Chunky Chips topped with BBQ Beef and Spicy Beef Chilli, topped with cheesy mustard & smoked paprika sauce

‘

Katsu’ Curry £ 13.25

Choose from Breaded Chicken Breast Pieces or Panko Breaded Prawns with a mild, fruity and creamy coconut curry sauce with peppers and spinach served with Coriander Rice and sweet pickled vegetables

**LUNCH SPECIALS**

Tomato, Red Pepper & Lentil Soup, Artisan Bread £ 5

Fish Pie £14.75

Cod, Salmon, Smoked Haddock & Prawns in a creamy white wine and parsley sauce, topped with mashed potato and cheddar cheese, served with steamed vegetables

Steak and Ale Pie, served with Chips or New Potatoes and Vegetables £ 8 / 13.50

Cornish White Crab Meat Sandwich, simply seasoned, salad garnish and coleslaw £13.25

Cajun Chicken & Avocado Salad, Mint Yoghurt Dressing and Crusty Bread Roll £ 13.25

Cornish White Crab, Smoked Salmon, Smoked Peppered Mackerel and Prawn Marie Rose Salad with Bread & Butter

£ 10 / £ 20

PAPERBACKS 50p

HARDBACKS £1

PLEASE PAY AT BAR

FOR KIDNEY RESEARCH UK

PAYMENT ENCLOSED

INVOICE: 809508, 810611, 811621, 812059, 812789. 813919, 814459

FROM

KINGS ARMS

TREGONY

**MENU**

Steak & ‘Tribute’ Ale Pie £9.50 / £ 15

Shortcrust Pastry, Chips or Buttered Baby Potatoes, Vegetables

Beer Battered Cod Fillet

Chunky Chips, Peas, Tartar Sauce, Lemon £ 9.50 / £ 15

Beef Lasagne, Salad, Coleslaw, Chunky Chips or Garlic Bread £ 9/£14.50

 Vegetable Lasagne, Salad, Coleslaw, Chunky Chips or Garlic Bread £ 9/£14.50

Whole Tail Breaded Scampi

 Chunky Chips, Peas, Tartar Sauce, Lemon £ 9.50 / £ 15

**CHILDREN’S MENU £ 6.50**

Cheesy tomato and Basil Pasta, Garlic Bread (V)( Gfo)

Cumberland Sausage, Mash, Peas

Breaded Chicken Strips, Chips, Baked Beans

Panko Breaded Cod Fish Fingers, Chips, Peas

Pasta Bolognese with Garlic Bread and Salad (Gfo)

**MOTHER’S DAY LUNCH**

Mixed Vegetable & Garden Herb Soup (V)

 Artisan Bread & Butter (Gfo) £ 6

Brussels Pate £ 6

Red Onion Chutney & Toast

Prawn Cocktail £ 7

 Prawn Marie Rose, Salad, Bread & Butter

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

Slow Roast Topside of Beef (Gfo)

Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy. £ 10 / £ 15.25

Slow Roast Leg of Lamb (Gfo)

Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy. £ 10 / £ 15.25

 Slow Roast Turkey (Gfo)

Pigs in Blankets, Stuffing, Roast Potatoes, Roast Parsnip, seasonal vegetables, gravy. £10/£ 15.25

Mushroom, Vegetable and Nut Roast, Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy. ( Contains Peanuts and other nuts) £10 / £15.25

 (GF, Vegan Option – please tell your server)

Steak & ‘Tribute’ Ale Pie £10 / £ 15.50

Shortcrust Pastry, Chips or Baby Potatoes, Vegetables

Beer Battered Cod Fillet

Chunky Chips, Peas, Tartar Sauce, Lemon £ 10 / £ 15.50

Whole Tail Breaded Scampi

 Chunky Chips, Peas, Tartar Sauce, Lemon £ 10 / £ 15.50

Mixed Vegetable and Lentil Curry £ 15

In a spicy Coconut Curry Sauce with Coriander & Cumin Basmati Rice, Poppadom & Mango Chutney

Ploughman’s Sharing Board £ 18

Cheddar, Stilton or Ham, dressed Salad, Coleslaw, Pickled Onions, Sweet Pickle, Apple, Crusty Artisan Bread (Gfo)

***Allergies/ Intolerances***

***If you require information on any ingredients used in our dishes which may cause you allergy or intolerance, please speak to your server before ordering. If you have a food allergy, please inform a member of our team so that our chefs are aware. We take every precaution to avoid cross contamination, however wheat and nut products are used in our kitchen daily.***

***Fish dishes may contain small bones and because our crab is hand-picked it may occasionally contain small pieces of shell.***

(Gf) – Gluten Free (Gfo) – Gluten Free Option

**CHILDREN’S MENU**

Slow Roast Topside of Beef (Gfo)

Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy. £ 10

Slow Roast Leg of Lamb (Gfo)

Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy. £ 10

 Slow Roast Turkey (Gfo)

Pigs in Blankets, Stuffing, Roast Potatoes, Roast Parsnip, seasonal vegetables, gravy. £10

Mushroom, Vegetable and Nut Roast, Yorkshire Pudding, Roast Potatoes, Roast Parsnip, seasonal vegetables and gravy. ( Contains Peanuts and other nuts) £10

 (GF, Vegan Option – please tell your server)

Cheesy tomato and Basil Pasta, Garlic Bread (Vg)( Gf) £ 8

Sausage, Egg, Chips and Peas £ 8

Breaded Chicken Strips, Chips, Baked Beans £ 8

Panko Breaded Cod Fish Strips, Chips, Peas £ 8

Pasta with Beef Bolognese, Garlic Bread and Salad £ 8