

LIGHT BITES

m: milk; g: gluten; c: crustaceans; mol: molluscs; f: fish; e: egg; mus: mustard; cel: celery; soya: soya; sul: sulphites

Seafood Chowder

mussels, squid, prawns & cod in thick creamy sauce. served with crusty bread & butter

m, g, c, mol, f, cel

Chicken Goujons ^{g, m}

breaded chicken breast served with your choice of garlic aioli (e, mus), sweet chilli (none) or ranch (e, mus, m)

Salt & Pepper Squid

squid pieces in crispy salt & pepper batter. served with honey & lime aioli 8

g, mol, (aioli: e, mus)

Halloumi Fries (v, gfo)

coated in a parsley & red pepper batter. served with sweet chilli 8

m, g (gfo: mus)

Truffle & Parmesan Loaded Garlic Bread (v)

our own garlic ciabatta topped with truffle oil, mozzarella, cheddar & parmesan

g, (cheeses: m)

Mac 'n' Cheese Bites (v, gf)

served with salsa sauce 8

m

Crab & Spinach Dip (gfo)

local crab & spinach in a cheddar cream cheese sauce.

served with crusty bread & butter. to share 12

m, c (bread only: g) (gfo: no bread)

BURGERS

served on a gourmet semolina bap (g) with salad & chips

Hand Ground Double Steak Burger

two 5oz steak burgers with cheddar 18

(cheddar only: m)

Southern Fried Chicken Burger

peppery coated chicken breast fillets with chilli jam & gherkins 18

g, cel, mus

Firecracker Brisket Burger

very slow cooked beef brisket with cheddar & jalapenos 18

(cheddar only: m)

Halloumi Burger (v)

halloumi pieces with cheddar & side of sweet chilli 18

m

Double Spinach & Pumpkin Burger (ve)

with red onion chutney 18

PASTA

served with home garlic ciabatta (ve) (g)

Crab, Prawn & Prosecco Linguine

local crab, prawns, garlic, chilli & lemon in a creamy prosecco sauce & parmesan 22

mol, c, m, g

Pasta Bolognese

home ground beef steak in a rich red wine tomato sauce & parmesan 18

g (parmesan only: m)

Sun-Dried Tomato, Spinach & Courgette (ve)

in a vegan cream sauce with garlic, linguine & finished with olive oil 18

g

KIDS

Steak Burger

hand ground 5oz steak burger 8

(bap only: g)

Chicken Goujons

breaded chicken breast fillets 8

g

Trio of Sausages

three bangin' bangers 8

g, soya, sul

Veggie Burger (ve)

pumpkin & spinach burger 8

(bap only: g)

Wholetail Scampi

breaded scampi 8

c, g

above served with your choice of garden peas, baked beans or salad (all ve & gf)

Bolognese

beef bolognese with pasta 8 g

Veg Pasta (ve)

sun-dried tomatoes, spinach & courgettes in sauce with pasta 8 g

above pastas served with slice of garlic bread (ve) (g)

FAVOURITES

Wild Mushroom Bourguignon (ve, gf)

slow cooked wild mushrooms in red wine. served with truffled mash, fine beans

20 (mash only: m)

Beer Battered Catch of the Day

our catch of the day in doom bar batter. served with chips, garden peas & tartare 20

g, f (tartare only: m)

Wholetail Scampi

wholetail scampi in breadcrumbs. served with salad, chips & tartare 18

c, g

Steak & Doom Bar Ale Pie

slow cooked steak & mushrooms in an ale sauce. served with puff pastry,

garden peas & chips 18 g (barley) (pastry only: g, m)

Beef Short Rib (gf)

short rib of beef, slow braised in red wine & bourbon. served with mashed potatoes,

fine green beans & a red wine jus 22 none

Pork Belly Porchetta (gf)

pork belly stuffed with herbs, spices & garlic & slow cooked. served with bacon,

sausage & cannellini cassoulet, & cornish new potatoes 20 sul

Stuffed Chicken Breast (gf)

chicken breast stuffed with creamed cheddar cheese & pancetta. served with potato

pave, fine green beans & a homemade bbq and bourbon sauce 22 m

Pan Roasted Catch of the Day (gf)

our catch of the day, served with crushed cornish new potatoes, braised red cabbage

& salsa verde 22 f

SIDES

Chips (ve, gf) 5

Cheesy Chips (gf) 6 m

Beer Battered Onion Rings (ve) 5 g

Side Salad (ve, gf) 5 none

Garlic Ciabatta (ve) 5 g

www.thetreguthinn.com - v: vegetarian; ve: vegan; gf: gluten free*; gfo: gluten free* option available

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