

LIGHT BITES

Seafood Chowder

mussels, squid, prawns & cod in thick creamy sauce. served with crusty bread & butter 10

Duck Spring Roll

spring rolls stuffed with duck & asian veg. served with plum sauce 8

Cider, Salt & Pepper Squid (gf)

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

Halloumi Fries (v, gfo)

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

Cajun Chicken Lollypops (gf)

coated in spicy cajun spices. served with bang bang sauce 8

Mac 'n' Cheese Bites (v, gf)

served with salsa sauce 8

Crab & Spinach Dip (gfo)

local crab & spinach in a cheddar cream cheese sauce.
served with crusty bread & butter. to share 12

BURGERS

served on a gourmet semolina bun with salad & chips

Hand Ground Double Steak Burger

two 5oz steak burgers with cheddar 18

Southern Fried Chicken Burger

peppery coated chicken breast fillets with chilli jam & gherkins 18

Firecracker Brisket Burger

very slow cooked beef brisket with cheddar & jalapenos 18

Halloumi Burger (v)

halloumi pieces with cheddar & side of sweet chilli 18

Double Spinach & Pumpkin Burger (ve)

with red onion chutney 18

PASTA

served with home garlic ciabatta (ve)

Crab, Prawn & Prosecco Linguine

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

Pasta Bolognese

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

Sun-Dried Tomato, Spinach & Courgette (ve)

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

KIDS

Steak Burger

hand ground 5oz steak burger 8

Chicken Goujons

breaded chicken breast fillets 8

Trio of Sausages

three bangin' bangers 8

Veggie Burger (ve)

pumpkin & spinach burger 8

Wholetail Scampi

breaded scampi 8

Bolognese

beef bolognese with pasta 8

Veg Pasta (ve)

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

above pastas served with slice of garlic bread (ve)

FAVOURITES

Wild Mushroom Bourguignon (ve, gfo)

slow cooked wild mushrooms in red wine. served with truffled mash, fine beans & crusty bread 20

Beer Battered Catch of the Day

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

Wholetail Scampi

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

Steak & Doom Bar Ale Pie

slow cooked steak & mushrooms in an ale sauce. served with puff pastry, garden peas & chips 18

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

Pork Belly Porchetta (gf)

pork belly stuffed with herbs, spices & garlic & slow cooked. served with bacon, sausage & cannellini cassoulet, & cornish new potatoes 20

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

Pan Roasted Catch of the Day (gf)

our catch of the day, served with crushed cornish new potatoes, braised red cabbage & salsa verde 22

SIDES

Chips (ve, gf) 5

Cheesy Chips (gf) 6

Beer Battered Onion Rings (ve) 5

Side Salad (ve, gf) 5

Garlic Ciabatta (ve) 5

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

*please see our allergen statement for more information. further allergen information available by scanning the QR code, or at the bar