

## LIGHT BITES

### Seafood Chowder

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

### Chicken Goujons

breaded chicken breast served with your choice of garlic aioli, sweet chilli or ranch 8

### Salt & Pepper Squid

squid pieces in crispy 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

### Truffle & Parmesan Loaded Garlic Bread (v)

our own garlic ciabatta topped with truffle oil, mozzarella, cheddar & parmesan 7

### 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 'n Bacon Burger

two 5oz steak burgers, with bacon ground into the patties, 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 'n Bacon Burger

hand ground 5oz steak & bacon 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

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

### 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 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 gravy. 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 & Thatched Chicken Breast (gf)

our take on hunters' chicken. chicken breast stuffed with creamed cheddar cheese,  
wrapped with smoked bacon & topped with homeade bourbon bbq sauce & melted  
cheddar. served with potato pave & fine green beans 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](http://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