

The TREGUTH Inn

13TH CENTURY
HOLYWELL BAY | CORNWALL

EVENING MENU

STARTERS

TOMATO & PESTO SOUP

*Soup: Milk, Celery; Pesto: Cashew Nuts, Milk; Ciabatta: Wheat, Rye, Barley;
Butter: Milk GFO Option: Without Ciabatta*

SEAFOOD CHOWDER

*Chowder: Molluscs, Crustaceans, Fish, Wheat, Milk, Celery; Ciabatta: Wheat,
Rye, Barley; Butter: Milk*

CRAB & SPINACH DIP

*Dip: Crustaceans, Milk, Celery; Ciabatta: Wheat, Rye, Barley;
GFO Option: Without Ciabatta*

ASIAN CHICKEN WINGS

*Wings: GF, Korean Sauce: Soy Japanese: Soy, Wheat; Hoisin: Soya, Barley,
Wheat. GFO Option: Plain no dipping sauce, or Korean no dipping sauce.*

CAULIFLOWER FLORETTES

Wheat

HALLOUMI FRIES (GF)

Milk

SALT & PEPPER CALAMARI

Molluscs, Wheat, Egg, Soybean

1/2 PINT OF SHELL ON PRAWNS (GF)

Prawns: Crustaceans; Mayo: Egg, Mustard; Ciabatta: Wheat Rye Barley

BURGERS

*Served on a Gourmet Semolina Bun **Wheat***

*Add Cheese **Milk** or Bacon **Sulphites** for 1 Each*

DOUBLE STEAK BURGER

Milk

FIRECRACKER BRISKET BURGER

Milk

CHANA MASALA BURGER (V)

None

HALLOUMI BURGER (V)

Milk

SOUTHERN FRIED CHICKEN BURGER

Wheat, Celery, Mustard, Milk

SIDES

SKIN-ON FRIES

*Add Cheese **Milk** for 1*

ONION RINGS **Wheat, Barley**

SIDE SALAD

GARLIC BREAD **Wheat**

*Add Cheese **Milk** for 1*

MAIN MEALS

BEETROOT & SQUASH WELLINGTON

Wheat, Soya

SEABASS

Fish, Celery

PORK BELLY PORCHETTA

Celery, Sulphites

CAJUN CHICKEN LINGUINE

Wheat, Sulphites

THATCHED CHICKEN (GF)

Sulphites, Mustard, Celery

WHOLETAIL SCAMPI

Crustaceans, Wheat; Tartare Contains Milk

CORNISH BOUILLEBAISSE

*Fish, Crustaceans, Molluscs, Celery; Ruille: Milk, Mustard; Ciabatta: Wheat, Rye,
Barley; GFO Option: Without Ciabatta*

STEAK & DOOM BAR PIE

Celery; Pastry: Wheat; GFO Option: Without Pastry

SWEET POTATO CHILLI TACOS

None

COD & CHIPS

*Fish, Wheat, Barley; Tartare Contains Milk, Mustard;
GFO Option: Without Batter*

HAM, EGG & CHIPS

Egg, Sulphites

10oz SIRLOIN STEAK

*Onion Rings: Wheat, Barley; Sauce: Celery, Milk;
GFO Option: Without Onion Rings & Sauce*

CHILDRENS MEALS

HOMEMADE STEAK BURGER

Bap: Wheat GFO Option: Without Bap

COD GOUJONS **Fish, Wheat**

SCAMPI **Crustaceans, Wheat**

TRIO OF SAUSAGES **Wheat, Soya, Sulphite**

VEGAN NUGGETS (V) **Soya, Wheat**

*Above Served with Chips and your Choice of Peas,
Baked Beans or Salad*

HAM, EGG & CHIPS **Egg, Sulphites**

SOURDOUGH PIZZA **Wheat, Milk**

TOMATO LINGUINE

Wheat, Milk