

THE MARKET

BUTCHERY FISHMONGER DELI FRESH FRUIT & VEG

OPEN FROM 8AM - 8PM, EVERY DAY

From your everyday store cupboard essentials to the more artisan product or food lover's delight, we aim to provide it all under one roof...



THE FARM

FARM PARK ANIMALS PICK YOUR OWN & ORCHARDS

OPEN FROM 10AM - 5PM, EVERY DAY



Join the Trevaskis community...

Earn 1 point for every £1 spent in the Restaurant and The Market



To sign up please visit www.trevaskisfarm.co.uk/the-market

DRINKS

SOFT DRINKS	Small	Large
Cornish Orchards Elderflower Pressé	£3.50	
Cornish Orchards Lemonade	£3.50	
Cornish Orchards Ginger Beer	£3.50	
Fruit Juice	£3.15	
Mineral Water – still or sparkling	£2.15	£4.40
Appletise	£3.50	
Frobishers Fusion	£3.50	
Apple & Mango, Apple & Raspberry or Orange & Passionfruit		
Pip Organic	£2.45	
Strawberry & Blackcurrant fruit juice, Pineapple & Mango smoothie		
Squash	£1.10	£1.95
Pepsi / Diet Pepsi / Pepsi Max / Lemonade	£2.55	£3.95

HOT DRINKS

Tea per person / Fruit Tea	£2.60	
Cappuccino / Latte / Mocha	£3.50	
Hot Chocolate	£3.95	
Espresso	£2.40	
Double Espresso	£3.20	
Americano / Flat White	£3.50	

DRAFT BEERS

	Small	Large
Tribute Cornish Ale	£2.60	£4.95
Proper Job IPA	£2.70	£5.15
Korev Lager	£2.75	£5.25

CIDER

Westons Stowford Press	£2.60	£5.00
Westons Mixed Berry	£2.65	£5.15
Trevaskis Windfall Cider (500ml)	£4.95	

BOTTLED BEERS

Harbour Cornish Bitter 500ml	£5.50	
Wolf Rock Red IPA 500ml	£5.50	
Sea Fury Special Ale 500ml	£5.50	
Guinness Original 330ml	£4.10	
St Ives Brewery Meor IPA 550ml	£4.95	
St Ives Brewery Porth Pilsner 500ml	£4.95	

ALCOHOL FREE **NEW**

Peroni Libera 0% alcohol	£3.95	
Westons Stowford Press Cider 0% alcohol	£3.95	

WILDLIFE BOTANICALS

NUDE/BLUSH SPARKLING 0.5% ABV 200ml / Bottle £5.95 /£16.95
Looking for that Prosecco lift? This uniquely English bubbly with benefits, crafted in Cornwall, is infused with an uplifting elixir of vitamins, minerals and botanicals chosen for health-giving properties. Tastes delicious.

PENTIRE ADRIFT 50ml serve £6.55

A botanical non-alcoholic spirit made from unique plants native to the North Cornwall coastline. Coastal, herbaceous, fresh. Served with Fevertree Tonic and ice.

THE THREE SPIRIT RANGE

The Party Starter – Livener 50ml serve £5.95

ENERGISING. EXOTIC. FIERY.

Kick-start the night with this exotic, fiery elixir powered by guayusa, Schisandra and energising plants. With vibrant berries, bright aromatics and heat for a lively, euphoric feeling. Contains natural caffeine. Served on ice.

The Mood Booster – Social Elixir 50ml serve £7.55

ELEVATING. BITTERSWEET. HERBAL.

Lift your spirits with the ultimate social-enhancer containing powerful plants with powerful flavours. Bittersweet and curious! Served with ginger ale.

The Dream Maker – Nightcap 50ml serve £5.95

CALMING. WOODY. MELLOW.

Wind down with this smooth & indulgent slow-sipper. Lemon balm, valerian & hops entwine for a dreamy, mellow feeling. Served on ice.

TREVASKIS FARM

Evening meals from 5.45pm

SOMETHING TO START

Homemade soup	£6.65	
<i>Our own traditional recipe freshly baked roll and butter (Granary or white)</i>		
Halloumi fries	£7.45	
<i>Caramelised red onion chutney</i>		
Baby rack of our own free range pork ribs	£7.95	
<i>Marinated in soy and honey, sweet chilli sauce</i>		
Trevaskis prawn cocktail NEW	£7.75	
<i>Atlantic prawns, crisp iceberg lettuce, our own Marie Rose sauce, croutons, lemon gel</i>		
Spicy king prawns	£7.95	
<i>Paprika, chilli and garlic butter, toasted flatbread</i>		
Breaded mushrooms	£7.45	
<i>In homemade breadcrumbs, garlic mayonnaise</i>		
Whole baked camembert (to share)	£9.45	
<i>Baked in a wood case, roasted garlic, crusty artisan bread</i>		
Lamb kofta	£7.55	
<i>Dressed house leaves, crumbled feta, flatbread, minted yoghurt dip</i>		
Cornish mussels NEW	£9.45	
<i>Cooked in a changing seasonal style, crusty artisan bread</i>		
Caesar salad	Small £7.95	Large £14.95
<i>Strips of West Country chicken, crisp iceberg lettuce, anchovies, caesar dressing</i>		

SPECIALS

Please take a look at our daily specials menu for more delicious choices created by our talented chef team using seasonal produce and local catches fresh from our fishmonger.

www.trevaskisfarm.co.uk

trevaskis.farm @trevaskisfarm

STEAKS

Juicy south Devon breed steaks, the perfect cuts from our renowned butchery...

Rump steak Prime 12oz rump, grilled tomato, mushrooms	£19.95
Sirloin steak Prime 12oz sirloin, grilled tomato, mushrooms	£21.95
Rib eye steak Prime 12oz rib eye, grilled tomato, mushrooms	£22.95
Fillet steak Prime 8oz fillet, grilled tomato, mushrooms	£24.90
Surf 'n' Turf Prime 12oz steak of the day, fishmonger's seafood special, garlic butter, grilled tomato, mushrooms	£22.95

Add steak sauces + £2.95
Diane - Stilton and Port - Hot Pepper - Red Wine - Garlic

All main courses are served with chunky chips, dauphinoise potatoes and a selection of fresh seasonal vegetables.

We grow over 100 different fruits, vegetables, salads and herbs for use in The Market and Farmhouse Kitchen Restaurant.

ALLERGENS

Please notify the Manager on Duty of any allergy issues before ordering your food.

Please note that although we take care in the preparation of your food to avoid contamination, all our food is prepared in an environment that contains allergens.

THE GRILL

Traditional Trevaskis favourites straight from the grill. Burgers all in a deliciously soft DaBara burger bun.

Pulled pork burger duo A great combo of our rare breed British Lop pork and chilli burger, topped with slow cook BBQ pulled pork, melted cheese, tomato, red onion, crisp leaves, coleslaw on the side	£15.95
8oz double burger Two 4oz hand crafted burgers from our grass fed beef, tomato, red onion, sliced pickle, crisp leaves, Baytree spicy tomato and caramelised red onion relish on the side	£15.95
Lamb and rosemary double burger Two 4oz hand crafted lamb and rosemary burgers, tomato, onion, crisp leaves, minted yoghurt and feta on the side	£15.95
Beyond Meat Burger (V) (VG) NEW Incredible, juicy, plant based burger, tomato, red onion, sliced pickle, Tracklements Sweet Mustard Sauce	£15.95
Southern fried chicken fillet burger Westcountry chicken fillet cooked in our crisp Kentucky style rub, crisp leaves, mayo	£15.95
The Trevaskis mixed grill Free range British Lop pork loin, lamb cutlet, rump steak, gammon steak, fried egg, pineapple ring, tomato, mushrooms	£27.75

Grilled 12oz gammon steak £17.95
Our own free range British Lop pork, pineapple ring
Add fried egg / cheese / mushroom £1.45 each

SIDES

Onion rings Large homemade onion rings in our crisp batter	£3.75
Coleslaw Our classic homemade coleslaw	£2.95
Bulgur wheat salad NEW Bulgur wheat, radish, edamame beans, peppers, almonds, citrus dressing	£9.95
Garlic artisan bread Da Bara ciabatta bread, fresh garlic, butter, chives	£3.75
Cheesy Garlic Artisan Bread DaBara ciabatta bread, fresh garlic, butter, cheese, chives	£4.75
Trevaskis mixed green salad Fresh leaves, cherry tomatoes and more, house dressing	£3.95

THE STOVE

Roasted, fried or seared with the freshest of ingredients...

Smoked South Devon Breed Brisket NEW Creamy mashed Cornish potatoes, salted green kale	£18.95
Roasted rump of lamb Pea, broad bean, spring onion, smoked pancetta fricassee; capricorn goat's cheese, basil pesto	£19.95
Belly rack of ribs Traditional meaty ribs from our home reared, free range British Lop pork marinated in soy and honey, sweet chilli sauce	£17.95
Slow roasted British Lop pork belly Creamy mashed potato, caramelised apples, sweet cider gravy	£18.95
Pan fried West Country duck breast Buttered greens, rich plum and port jus	£21.45
Ballotine of roasted chicken breast Parma ham wrap, wild mushroom spinach mousse, light cream sauce, hint of tarragon	£17.95
Fresh tagliatelle pasta (V) Roasted cherry tomatoes, spinach, white wine, and mascarpone (v)	£13.95
Whole roasted sweet peppers (V) Leeks, fresh grated apple, pine nuts, cream sauce, parmesan	£13.95

FREE FROM NEW

Our new range of 'free from' exciting fusion food.

Roasted red pepper and sweet potato falafel salad (VG) Falafel, bulgur wheat, radish, edamame beans, peppers, almonds, citrus dressing	£14.95
Beyond Meat Burger (V) (VG) Incredible, juicy, plant based burger, tomato, red onion, sliced pickle, Tracklements Sweet Mustard Sauce	£15.95
Katsu curry (V) (GF) Crispy tofu, coconut and lime rice	£15.95
Swap to chicken (GF)	
Moroccan lentil and vegetable stew (V) (GF) Crusty artisan bread	£14.95

KEY

V - Vegetarian VG - Vegan
GF - Gluten Free DF - Dairy Free

FROM THE WOK

Sizzling duck Duck breast strips, chilli, pineapple, mange tout, beansprouts, sweet plum sauce. Egg fried or steamed rice	£19.95
Sizzling tamarind beef Fillet steak, sweet peppers, spring onions, garlic, red onion, Szechuan pepper, fresh herbs. Egg fried or steamed rice	£18.85
Sizzling chicken and cashew nut Strips of West Country chicken, crisp vegetables, cashew nuts. Egg fried or steamed rice	£17.95
Sizzling king prawns Crisp vegetables, orange Cointreau sauce. Egg fried or steamed rice	£18.75
Sizzling black bean tofu and broccoli (V) Crisp vegetables, rich black bean sauce. Egg fried or steamed rice (v)	£15.25
Sweet and sour chicken Strips of West Country chicken breast, lightly battered, our homemade sweet and sour sauce. Egg fried or steamed rice	£17.95

FROM THE SEA

Our in-house fishmonger lands most of our fish fresh from Newlyn and other local ports...

Salmon fillet Ethically produced in low numbers, this exquisite salmon is allowed to grow as nature intended. Oven seared, grilled cherry tomatoes, pomegranate molasses	£16.75
Crispy battered haddock From our own fishmonger, garden peas, tartar sauce, wedge of lemon	£16.75
Home-made fishcakes Prime cuts of fresh fish, herbs, light seasoning, rolled in breadcrumbs, watercress and cherry tomato slada, light lemon and herb mayonnaise	£15.75
Wholetail scampi Hand-cut chunky chips, tartar sauce, wedge of lemon	£15.95
Cornish mussels NEW Cooked in a changing seasonal style, crusty artisan bread	£14.95

We pride ourselves on using the best South Devon Breed cattle in our butchery. We use barn-reared and free range West Country chickens from farmers we know and trust. Our pork joints are from our rare breed, home-reared British Lop pigs, bred by the Eustice family since 1863.