

# 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](http://www.trevaskisfarm.co.uk/the-market)

## DRINKS

SOFT DRINKS	Small	Large
Cornish Orchards Elderflower Pressé	£3.95	
Cornish Orchards Lemonade	£3.95	
Cornish Orchards Ginger Beer	£3.95	
Trevaskis Apple Juice 250ml	£3.95	
Fruit Juice	£3.75	
Mineral Water – still or sparkling	£2.50	£4.95
Appletise	£3.95	
Frobishers Fusion	£3.95	
Apple & Mango, Apple & Raspberry or Orange & Passionfruit		
Pip Organic	£2.90	
Strawberry & Blackcurrant fruit juice, Pineapple & Mango smoothie		
Squash	£1.30	£2.40
Pepsi / Diet Pepsi / Pepsi Max / Lemonade	£2.95	£4.55

HOT DRINKS	
Tea per person / Fruit Tea / Green Tea	£2.95
Cappuccino / Latte / Mocha	£3.95
Hot Chocolate	£4.65
Luxury Hot Chocolate	£5.65
Espresso	£2.75
Double Espresso	£3.65
Americano	£3.75
Flat White	£3.95

DRAFT BEERS	Small	Large
Tribute Cornish Ale	£2.95	£5.80
Proper Job IPA	£2.95	£5.90
Korev Lager	£3.20	£5.90
Harbour Brewing Co. Arctic Sky Cold IPA <b>NEW</b>	£3.10	£6.20

CIDER	
Westons Stowford Press	£2.80
Westons Mixed Berry	£2.90
Trevaskis Windfall Cider (500ml)	£5.75

BOTTLED BEERS	
St Ives Brewery Meor IPA 500ml	£5.95
St Ives Brewery Alba IPA 500ml <b>NEW</b>	£5.95
St Ives Brewery Porth Pilsner 500ml	£5.95
St Ives Brewery Hella Pale Ale 500ml <b>NEW</b>	£5.95
Sharps Doombar Amber Ale 500ml	£5.95
Guinness Original 330ml	£5.35
Crabbie's Alcoholic Ginger Beer	£5.25

ALCOHOL FREE <b>NEW</b>	
Peroni Libera 0% alcohol	£4.25
Rattler Cider 0% alcohol	£4.75

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.	



Evening meals from 5.45pm  
Monday – Saturday

[www.trevaskisfarm.co.uk](http://www.trevaskisfarm.co.uk)

[f trevaskis.farm](https://www.facebook.com/trevaskis.farm) [@trevaskisfarm](https://www.instagram.com/atrevaskisfarm)

## SOMETHING TO START

Crispy panko halloumi fries **NEW** £7.95  
Sweet chilli mayo

Rum caramel glazed British Lop pork ribs **NEW** £8.95  
Traditional meaty ribs from our home reared, free range British Lop pork, smoked paprika dry rub, roasted in soy, spiced rum glaze, chilli

Trevaskis prawn cocktail £8.25  
Atlantic prawns, crisp iceberg lettuce, our own Marie Rose sauce, croutons, lemon gel

Spicy king prawns £8.95  
Paprika, chilli and garlic butter, toasted flatbread

Breaded mushrooms £7.95  
In homemade breadcrumbs, garlic mayonnaise

Whole baked camembert (to share) £10.95  
Baked in a wood case, roasted garlic, crusty artisan bread

Caesar salad £8.95  
Strips of West Country chicken, crisp iceberg lettuce, anchovies, caesar dressing

Roasted red pepper arancini **NEW** £8.95  
Chicory, rocket, pinenut, pomegranate salad, maple citrus dressing

## SEASONAL SPECIALS

Have you seen our seasonal specials?

Created by our talented chef team using seasonal produce and local catches fresh from our fishmonger.

Enjoy our journey through the seasons...

3 COURSES JUST £29.95

Or just choose individual options.



THE STEAK GRILL

juicy south Devon breed steaks, the perfect cuts from our renowned butchery. All served with chargrilled tomato, mushrooms, chips.

Rump steak	£21.95
Prime 12oz rump	
Sirloin steak	£23.95
Prime 12oz sirloin	
Rib eye steak	£25.95
Prime 12oz rib eye	
Fillet steak	£27.95
Prime 8oz fillet	
Surf ‘n’ Turf	£25.95
Prime 12oz steak of the day, king prawns, garlic butter	
The Trevaskis mixed grill	£29.95
Free range British Lop pork loin, lamb cutlet, rump steak, gammon steak, fried egg, pineapple ring	

STEAK SAUCES	+ £2.95
Diane - Stilton and Port - Hot Pepper - Red Wine - Garlic	

Grilled 12oz gammon steak	£19.95
Our own free range British Lop pork, pineapple ring	
Add fried egg / cheese / mushroom	£1.45 each

THE BURGER GRILL

Traditional Trevaskis favourites straight from the grill, all in a deliciously soft brioche bun with chips.

Pulled pork burger duo	£16.95
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	
8oz double burger	£16.95
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	
Lamb and rosemary double burger	£16.95
Two 4oz hand crafted lamb and rosemary burgers, tomato, onion, crisp leaves, minted yoghurt, feta	
Beyond Meat Burger (V) (VG)	£16.95
Incredible, juicy, plant based burger, tomato, red onion, sliced pickle, Tracklements Sweet Mustard Sauce	
Southern fried chicken fillet burger	£16.95
Westcountry chicken fillet cooked in our crisp Kentucky style rub, crisp leaves, mayo	

All main courses are served with a selection of fresh seasonal vegetables.

SIDES

Onion rings	£3.75
Large homemade onion rings in our crisp batter	
Coleslaw	£2.95
Our classic homemade coleslaw	
Chunky chips	£3.50
Sweet potato fries	£3.95
Garlic artisan bread	£3.95
Ciabatta bread, fresh garlic, butter, chives	
Cheesy garlic artisan bread	£4.95
Ciabatta bread, fresh garlic, butter, cheese, chives	
Trevaskis mixed green salad	£4.95
Fresh leaves, cherry tomatoes and more, house dressing	

THE STOVE

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

Rum caramel glazed British Lop pork ribs	NEW	£19.95
Traditional meaty ribs from our home reared, free range British Lop pork, smoked paprika dry rub, roasted in soy, spiced rum glaze, chilli, chunky chips		
Slow roasted British Lop pork belly	NEW	£19.95
Creamy mashed Cornish potatoes, apple puree, maple carrots, sweet cider gravy		
Smoked South Devon Breed brisket		£19.95
Creamy mashed Cornish potatoes, salted green kale, red wine jus		
Ballotine of roasted chicken breast		£18.95
Parma ham wrap, wild mushroom spinach mousse, light cream sauce, hint of tarragon, baby potatoes		
Fresh tagliatelle pasta (V)		£14.95
Roasted cherry tomatoes, spinach, white wine, and mascarpone		
Add chicken		+ £2.50
Korean chicken	NEW	£18.95
Crispy coated strips of West Country chicken breast in classic sweet and sour style, coconut and lime rice, kimchi, sesame seeds		

FREE FROM

Our range of ‘free from’ exciting fusion food.

Roasted red pepper arancini (VG) (GF)	NEW	£15.95
Chicory, rocket, pomegranate salad, maple citrus dressing		
Beyond Meat Burger (V) (VG)		£16.95
Incredible, juicy, plant based burger, tomato, red onion, sliced pickle, Tracklements Sweet Mustard Sauce		
Katsu curry (V) (GF)	NEW	£16.95
Crispy tofu, coconut and lime rice		
Swap to chicken (GF)		
Moroccan lentil, nut and vegetable stew (V) (GF)		£15.95
Crusty artisan bread		
Asian vegetable sizzler (VG) (GF) (DF)	NEW	£16.55
Broccoli, mushrooms, cashews, crisp vegetables, garlic, ginger, soy		

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

FROM THE WOK

All served with egg fried or steamed rice...

Sizzling duck	£22.25
Duck breast strips, chilli, pineapple, mange tout, beansprouts, sweet plum sauce	
Sizzling tamarind beef	£19.95
Fillet steak, sweet peppers, spring onions, garlic, red onion, Szechuan pepper, fresh herbs	
Sizzling chicken and cashew nut	£18.95
Strips of West Country chicken, crisp vegetables, cashew nuts	
Sizzling king prawns	NEW £19.95
Crisp vegetables, orange Cointreau sauce	
Asian vegetable sizzler (VG) (GF) (DF)	NEW £16.55
Broccoli, mushrooms, cashews, crisp vegetables, garlic, ginger, soy	

FROM THE SEA

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

Salmon fillet	NEW	£18.65
Ethically produced in low numbers, this exquisite salmon is allowed to grow as nature intended. Oven seared, fresh pomegranate, bok choy, baby potatoes		
Crispy battered haddock		£17.95
Hand-cut chunky chips, garden peas, tartar sauce, wedge of lemon		
Home-made fishcakes	NEW	£16.75
Prime cuts of fresh fish, herbs, light seasoning, rolled in breadcrumbs, chicory, rocket, pinenut and pomegranate salad, citrus dressing		
Wholetail scampi		£17.95
Hand-cut chunky chips, tartar sauce, wedge of lemon		

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.

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

ALLERGENS

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.

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