

# 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



Earn points on what you spend and get our best offers - sign up here



SOFT DRINKS	Small	Large
Luscombe Elderflower Pressé 270ml	£4.45	
Luscombe Lemonade 270ml	£4.45	
Luscombe Ginger Beer 270ml	£4.45	
Trevaskis Apple Juice 250ml	£4.45	
Fruit Juice	£4.25	
Mineral Water – still or sparkling	£2.95	£5.55
Appletise	£4.45	
Frobishers Fusion	£4.45	
Apple & Mango, Apple & Raspberry or Orange & Passionfruit		
Pip Organic	£3.25	
Strawberry & Blackcurrant fruit juice, Pineapple & Mango smoothie		
Squash	£1.65	£2.95
Diet Pepsi / Pepsi Max / Lemonade	£3.15	£4.95

HOT DRINKS	
Tea per person	£3.25
Fruit / Green Tea	£3.25
Cappuccino / Latte / Mocha	£4.15
Matcha Latte	£4.75
Chai Latte	£4.35
Hot Chocolate	£4.95
Luxury Hot Chocolate	£5.95
Espresso	£3.25
Double Espresso / Americano	£3.95
Flat White	£4.15

ICED DRINKS	
Iced Matcha Latte	£4.75
Iced Chai Latte	£4.35
Flavoured Syrups	+ 50p

DRAFT BEERS	Half	Pint
Tribute Cornish Ale	£3.45	£6.55
Proper Job IPA	£3.65	£6.75
Korev Lager	£3.65	£6.75
Harbour Brewing Co. Arctic Sky Cold IPA	£3.75	£6.95

CIDER	
Westons Stowford Press	£3.35 £6.55
Westons Mixed Berry	£3.45 £6.75
Trevaskis Windfall Cider (500ml)	£6.65

BOTTLED BEERS	
Dynamite Valley Gold Rush Golden Ale 500ml	£6.55
Dynamite Valley TNT American Style IPA 500ml	£6.55
Dynamite Valley Brian Special Bitter 500ml	£6.55
Sharps Doombar Amber Ale 500ml	£6.55
Guinness Original 330ml	£5.95
Crabbie's Alcoholic Ginger Beer	£5.85
Corona 330ml	£5.25

ALCOHOL FREE	
Peroni Libera 0% alcohol	£4.95
Rattler Cider 0% alcohol	£5.45
Doombar Zero 0% alcohol	£6.55

ALCOHOL FREE	50ml serve
Pentire Adrift	£7.65
A botanical non-alcoholic spirit made from unique plants native to the North Cornwall coastline. Coastal, herbaceous, fresh. Served with Fever-Tree Tonic over ice.	

Three Spirit – Livener. Energising. Exotic. Fiery.	£7.65
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 with Fever-Tree Tonic over ice.	

Tanqueray 0.0%	£7.65
Four beautifully balanced botanicals, juniper led, delicate complexity. Served with Fever-Tree Tonic over ice.	



TREVASKIS FARM

*Evening service from 5.45pm  
Monday – Saturday*



## SOMETHING TO START

Crispy panko halloumi fries (V) Sweet chilli mayo	£8.95
Korean fried pork belly bites (DF, GF) <b>NEW</b> Kimchi, gochujang ketchup, fresh spring onions, toasted sesame seeds	£8.95
Rum caramel glazed British Lop pork rib Traditional meaty rib from our home reared, free range British Lop pork, smoked paprika dry rub, roasted in soy, spiced rum glaze, chilli	£9.85
Trevaskis prawn cocktail Atlantic prawns, crisp iceberg lettuce, our own Marie Rose sauce, croutons, lemon gel	£9.45
Spicy King prawn skewers <b>NEW</b> Grilled King prawns marinated with ginger, chilli, lemon, flatbread, Tzatziki	£9.95
Breaded mushrooms (V) In homemade breadcrumbs, garlic mayonnaise	£8.95
Honey glazed BBQ Westcountry chicken wings (GF,DF) Fresh green leaves	£9.70
Greek baked feta in filo (V) <b>NEW</b> Trevaskis Farm honey drizzle	£9.45

## SEASONAL SPECIALS

*Have you seen our seasonal specials?  
Created by our talented chef team using seasonal produce, our exceptional slow reared, hand cut meat and local catches fresh from our fishmonger.*

*Enjoy our journey through the seasons...*

### AMAZING VALUE FOR 3 COURSES

*Or just choose individual options.*

## THE STEAK GRILL

Juicy South Devon breed grass fed, slow grown, hand cut steaks. All served with chargrilled tomato, mushrooms, chips.

<b>Rump steak</b> Prime 12oz rump	£27.95
<b>Sirloin steak</b> Prime 12oz sirloin	£29.95
<b>Rib eye steak</b> Prime 12oz rib eye	£31.75
<b>Fillet steak</b> Prime 8oz fillet	£34.95
<b>Surf 'n' Turf</b> Prime 12oz steak of the day, king prawns, garlic butter	£31.75
<b>The Trevaskis mixed grill</b> Free range British Lop pork loin, lamb cutlet, rump steak, gammon steak, fried egg, pineapple ring	£36.45

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

<b>Grilled 12oz gammon steak</b> Our own free range British Lop pork, pineapple ring	£23.95
<b>Add fried egg / cheese / mushroom</b>	£1.75 each

## THE BURGER GRILL

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

<b>Pulled pork burger duo</b> 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	£19.95
<b>8oz double burger</b> 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	£19.95
<b>Beyond Meat Burger (VG) (GF)</b> Incredible, juicy, plant based burger, tomato, red onion, sliced pickle, Tracklements Sweet Mustard Sauce	£19.95
<b>Southern fried chicken fillet burger</b> Westcountry chicken fillet cooked in our crisp Kentucky style rub, crisp leaves, mayo	£19.95

All main courses are served with a selection of fresh seasonal vegetables. We grow over 100 different fruits, vegetables, salads and herbs for the Market and the Restaurant.

## SIDES

<b>Onion rings</b> Large homemade onion rings in our crisp batter	£4.45
<b>Coleslaw</b> Our classic homemade coleslaw	£2.95
<b>Chunky chips</b>	£4.75
<b>Sweet potato fries</b>	£5.25
<b>Garlic artisan bread</b> Ciabatta bread, fresh garlic, butter, chives	£4.65
<b>Cheesy garlic artisan bread</b> Ciabatta bread, fresh garlic, butter, cheese, chives	£5.65
<b>Trevaskis mixed green salad</b> Fresh leaves, cherry tomatoes and more, house dressing	£4.95

## THE STOVE

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

<b>Crispy five-spice beef</b> <b>NEW</b> Twice-cooked beef short rib, sticky soy glaze, coriander, sesame and lime slaw. Szechuan pepper fries	£25.95
<b>Rum caramel glazed British Lop pork ribs</b> 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	£23.95
<b>Slow roasted British Lop pork belly</b> Creamy mashed Cornish potatoes, apple puree, maple carrots, sweet cider gravy	£24.95
<b>Slow cooked dandelion &amp; burdock brisket (GF)</b> <b>NEW</b> House seasoning, purple sprouting broccoli, butter mashed potatoes, dandelion & burdock jus	£23.95
<b>Spanish style chicken</b> <b>NEW</b> Tender chicken strips, tomato, beans, courgette, garlic, parsley, chorizo jam	£22.95
<b>Pesto and spinach Linguine</b> <b>NEW</b> Fresh linguine tossed in vibrant basil pesto, spinach, cherry tomatoes finished with shaved Grana Padano	£18.95
<b>add Chicken</b>	£19.95
<b>Korean chicken (GF)</b> Crisp Chicken in a spicy, sweet gochujang glaze, kimchi, jasmine rice, sesame seeds	£21.95
<b>Swap to Tofu (V) (GF)</b>	£20.85

Our pork is our own, outdoor reared, rare breed British Lop, native to Cornwall and bred for exceptional flavour and intramuscular fat to result in the very best pork you can find.

## FREE FROM

Our range of 'free from' fusion food.

<b>Beyond Meat Burger (VG) (GF)</b> Incredible, juicy, plant based burger, tomato, red onion, sliced pickle, Tracklements Sweet Mustard Sauce	£19.95
<b>Korean Tofu (V) (GF)</b> <b>NEW</b> Crisp Tofu in a spicy, sweet gochujang glaze, kimchi, jasmine rice, sesame seeds	£20.85
<b>Swap to chicken (GF)</b>	£21.95
<b>Five Bean Chilli Bowl (V, GF) - (VG option)</b> <b>NEW</b> Five bean chilli, jasmine rice, melted cheese, fresh salsa, guacamole, coriander. (mild)	£19.95
<b>Asian vegetable sizzler (VG) (GF) (DF)</b> Broccoli, mushrooms, cashews, crisp vegetables, garlic, ginger, soy	£21.95

## FROM THE WOK

All served with egg fried or steamed rice...

<b>Sizzling duck</b> Duck breast strips, chilli, pineapple, mange tout, pak choi, sweet plum sauce	£26.95
<b>Sizzling tamarind beef</b> Fillet steak, sweet peppers, spring onions, garlic, red onion, Szechuan pepper, coriander	£24.95
<b>Sizzling chicken and cashew nut</b> Strips of West Country chicken, crisp vegetables, cashew nuts	£23.75
<b>Sizzling king prawns</b> Crisp vegetables, orange Cointreau sauce	£25.95
<b>Asian vegetable sizzler (VG) (GF) (DF)</b> Broccoli, mushrooms, cashews, crisp vegetables, garlic, ginger, soy, oyster sauce	£21.95

## FROM THE SEA

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

<b>Atlantic salmon fillet</b> Oven seared, fresh pomegranate, bok choy, baby potatoes	£23.95
<b>Crispy battered haddock</b> Hand-cut chunky chips, garden peas, tartar sauce, wedge of lemon	£21.95
<b>Home-made fishcakes</b> Prime cuts of fresh fish, herbs, light seasoning, rolled in breadcrumbs, dressed salad, pinenuts, pomegranate, citrus dressing	£19.95
<b>Wholetail scampi</b> Hand-cut chunky chips, tartar sauce, wedge of lemon	£21.95

### FOOD ALLERGY OR INTOLERANCE?

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/intolerance issues before ordering your food so that we can discuss ingredients with you.

<b>V</b> - Vegetarian	<b>VG</b> - Vegan
<b>GF</b> - Prepared without gluten containing ingredients but in an environment that contains gluten	<b>DF</b> - Prepared without dairy containing ingredients but in an environment that contains dairy

Our native South Devon breed beef is slow-reared and naturally fed on grass, adding a fine marbling and a great flavour. Hung on the bone the traditional way for up to 35 days adding a sublime tenderness and a rich flavour that is unrivalled.

We serve free range & barn reared West Country chicken from farmers we know and trust to have the highest welfare standards.

Each cut of meat you will experience has been hand crafted by our highly skilled Butchers in our Farm Market, who train for years to perfect the art of hand cutting, a heritage and ethos we are justifiably proud to maintain.