

## Hot meals

	Small	Large
<i><b>Fresh Homemade Soup</b></i> A large bowl of home made soup served with a freshly baked roll and butter.		<b>£5.45</b>

<i><b>Trevaskis Farm Roast</b></i> Locally reared choice of meats served with fresh seasonal vegetables.	<b>£10.35</b>	<b>£11.35</b>
---	---------------	---------------

<i><b>Home cured ham</b></i> Served with egg and homemade chunky chips.	<b>£9.55</b>	
--	--------------	--

<i><b>Whole tail scampi</b></i> Served with our own homemade chunky chips and a fresh mixed leaf salad.	<b>£10.35</b>	<b>£11.35</b>
--	---------------	---------------

<i><b>Beef or vegetable lasagne</b></i> Made to our own traditional recipe, served with either a selection of seasonal vegetables, our full mixed salad or homemade chunky chips.	<b>£9.95</b>	<b>£10.95</b>
--	--------------	---------------

<i><b>Bacon or vegetable quiche</b></i> Served with either a selection of seasonalvegetables, our full mixed salad or homemade chunky chips.	<b>£9.95</b>	<b>£10.95</b>
---	--------------	---------------

<i><b>Trevaskis fish cakes</b></i> Made from prime cuts of fresh fish from our own fishmongers, served with homemade chunky chips or our full mixed salad.	<b>£10.75</b>	
---	---------------	--

<i><b>Pasties*</b></i> To eat in or take away *please check for availability	<b>£3.60</b> <b>£2.95</b>	<b>£4.20</b> <b>£3.45</b>
---	------------------------------	------------------------------

<i><b>Chunky chips</b></i>	<b>£2.35</b>	
----------------------------	--------------	--

## Burgers

<i><b>Homemade beef burgers</b></i> Two 4oz burgers served in Baker Toms brioche with salad, chips, tomato and red onion with a spicy tomato and caramelised onion relish on the side, with or without cheese.	<b>£9.95</b>	
---	--------------	--

<i><b>Homemade trio of burgers</b></i> Fresh from our butchery - pork and chilli, lamb and rosemary, and traditional beef burgers served with homemade coleslaw, chips and a salad garnish.	<b>£10.95</b>	
--	---------------	--

<i><b>Barbeque pulled pork</b></i> Topped with cheese and served in Baker Toms brioche bun, with chip basket and coleslaw.	<b>£9.95</b>	
---	--------------	--

Add our home cured British Lop bacon	<b>95p</b>	
--------------------------------------	------------	--

## Paninis

Toasted panini served with a fresh side salad.		
--	--	--

<i><b>Goat’s cheese, red onion and roasted red pepper</b></i>	<b>£7.55</b>	
---	--------------	--

<i><b>Mozzarella, tomato and basil</b></i>	<b>£7.55</b>	
--	--------------	--

<i><b>Bacon, brie and cranberry</b></i>	<b>£7.55</b>	
---	--------------	--

## Sandwiches / Baguettes

Freshly made sandwich or baguette served with a fresh side salad.

	Sandwich	Baguette
<i><b>Fresh salad</b></i>	<b>£4.95</b>	<b>£5.95</b>

<i><b>Cheese and salad</b></i>	<b>£5.45</b>	<b>£6.45</b>
--------------------------------	--------------	--------------

<i><b>Egg mayonnaise and salad</b></i>	<b>£5.65</b>	<b>£6.45</b>
--	--------------	--------------

<i><b>Beef and salad</b></i>	<b>£5.85</b>	<b>£6.65</b>
------------------------------	--------------	--------------

<i><b>Ham and salad</b></i>	<b>£5.85</b>	<b>£6.65</b>
-----------------------------	--------------	--------------

<i><b>Tuna and cucumber</b></i>	<b>£5.85</b>	<b>£6.65</b>
---------------------------------	--------------	--------------

<i><b>Prawn with seafood sauce</b></i>	<b>£6.50</b>	<b>£7.25</b>
--	--------------	--------------

<i><b>Trevaskis club sandwich</b></i> Three layers of toasted white or granary bread, our home cured bacon, free range chicken breast strips with crispy lettuce, fresh tomato and mayonnaise, served with a side salad garnish and Cornish crisps.	<b>£8.95</b>	
Extra fillings each		<b>85p</b>

## Toasties

Toasted sandwich served with a mixed salad garnish on a choice of granary or white bread.

<i><b>Cheese, ham or beef</b></i>	<b>£5.35</b>
-----------------------------------	--------------

<i><b>Extra fillings:</b></i> <i><b>pineapple, beans, egg, pickle, tomato</b></i> You name it, we'll add it!	<b>85p</b>
--	------------

## Jacket potatoes

All served with butter and a fresh salad garnish. Extra toppings available.

<i><b>With beans</b></i>	<b>£6.45</b>
--------------------------	--------------

<i><b>With cheese</b></i>	<b>£6.45</b>
---------------------------	--------------

<i><b>With coleslaw</b></i>	<b>£6.45</b>
-----------------------------	--------------

<i><b>With tuna</b></i>	<b>£6.85</b>
-------------------------	--------------

<i><b>With prawns</b></i>	<b>£6.95</b>
---------------------------	--------------

<i><b>Extra toppings each</b></i>	<b>85p</b>
-----------------------------------	------------

## Trevaskis salads

All served with a selection of our homemade rice salad, bean salad, potato salad, coleslaw, pasta salad and fresh green salad.

	Small	Large
--	-------	-------

<i><b>Cornish cheese selection</b></i>	<b>£8.95</b>	<b>£9.95</b>
--	--------------	--------------

<i><b>Home cured British Lop ham</b></i>	<b>£9.45</b>	<b>£10.45</b>
--	--------------	---------------

<i><b>Beef - medium/rare</b></i>	<b>£9.45</b>	<b>£10.45</b>
----------------------------------	--------------	---------------

<i><b>Atlantic prawn</b></i>	<b>£9.85</b>	<b>£10.85</b>
------------------------------	--------------	---------------

<i><b>Smoked mackerel</b></i>	<b>£9.85</b>	<b>£10.85</b>
-------------------------------	--------------	---------------

## Traditional salads

All served with a homemade roll and butter, crisp salad, Trevaskis coleslaw with a selection of pickles or sauces.

	Small	Large
--	-------	-------

<i><b>Ploughman’s</b></i> Your selection of Cornish cheeses.	<b>£8.95</b>	<b>£9.95</b>
---	--------------	--------------

<i><b>Fisherman’s</b></i> Fresh West Country smoked mackerel.	<b>£8.95</b>	<b>£9.95</b>
--	--------------	--------------

<i><b>Huntsman’s</b></i> Our own home-cooked ham.	<b>£8.95</b>	<b>£9.95</b>
--	--------------	--------------

## Trevaskis wraps

Large flour tortilla wraps filled and served with fresh salad and coleslaw.

--	--	--

<i><b>Peking duck</b></i> Free range West Country duck with sliced spring onion, cucumber and hoi sin sauce.	<b>£7.95</b>	
---	--------------	--

<i><b>Chicken Caesar</b></i> Free range West Country chicken breast with crisp cos lettuce and classic Caesar dressing from our market.	<b>£7.65</b>	
--	--------------	--

<i><b>Mexican bean</b></i> Mixed beans in a spicy plum tomato sauce with grated cheddar, crème fraîche and salad leaves.	<b>£7.45</b>	
---	--------------	--

<i><b>Sweet chilli chicken</b></i> Strips of tender chicken breast and crisp lettuce drizzled in sweet chilli sauce.	<b>£7.65</b>	
---	--------------	--

<i><b>Atlantic prawn and avocado</b></i> Fresh Atlantic Prawns with tender avocado and watercress drizzled in a seafood sauce.	<b>£7.95</b>	
---	--------------	--

## Deserts

Please make your choice from our amazing cold counter – if you have room!	<b>£5.25</b>
---	--------------

Child’s portion	<b>£4.25</b>
-----------------	--------------

Clotted cream / pouring cream / custard	<b>50p</b>
---	------------

Callestick ice cream scoop	<b>£1.25</b>
----------------------------	--------------

## Drinks

Soft drinks	Small	Large
Trevaskis Apple Juice	£2.55	£5.20
Cornish Orchards Elderflower Pressé	£2.45	£4.95
Cornish Orchards lemonade	£2.45	£4.95
Fentiman's Ginger beer	£2.15	
Fruit Juices	£2.15	
Mineral water – still or sparkling	£1.80	£3.75
Appletise	£2.05	

Frobishers Fusion – Apple & Mango, Apple & Raspberry or Orange & Pasionfruit	£2.45	
Squash	£0.90	£1.60
Pepsi/Diet Pepsi/Lemonade	£1.80	£3.25

Draught beers	Half	Pint
Tribute Cornish Ale	£1.85	£3.45
Carlsberg Lager	£1.90	£3.55

Cider		
Westons Stowford Press cider	£1.90	£3.55
Cornish Orchards cider	£2.55 a bottle	
Polgoon Raspberry cider	£2.55 a bottle	

Bottled beers		
Budweiser, Guinness		£3.25
Corona		£3.25
Trevaskis Best Bitter		£3.25
Skinner's Ales		
Heligan Honey, Betty Stoggs, Cornish Knocker, Cornish Blonde		£3.25
Becks Blue		£3.25
Cornish Orchards Alcoholic Ginger Beer		£3.15

Hot beverages		
Tea per person		£1.65
Coffee per person		£1.80
Fruit Tea		£1.85
Cappuccino		£2.55
Latte		£2.55
Mocha		£2.65
Hot chocolate		£2.55
Espresso		£1.95
Double Espresso		£2.65

## House Wines

### Whites

175ml / 250ml / Bottle

Gravite Medium Blanc VdP d'Oc, France £3.75/£4.85/£12.75  
This off-dry wine erupts with ripe tropical fruit which cascade from the glass and envelope you in a warming cosy blanket of flavour.

The Gumnut Chardonnay, Australia £3.75/£4.85/£12.75  
Sunshine in a glass. Ripe tropical fruit flavours punctuated with a touch of refreshing citrus.

Conti Rossi Pinot Grigio Verona, Italy £3.95/£4.95/£12.95  
Aromas of dry hay, walnut shells, flavours of pears, apples and aromatic herbs.

Serle Noir Sauvignon Blanc d'Oc, France £3.95/£4.95/£12.95  
Distinctly French in style, this Sauvignon Blanc is full of refined green fruit and citrus flavours.

Maota Bay Sauvignon Blanc, New Zealand £4.25/£5.35/£14.95  
Ripe tropical fruit give way to a heady green fruit medley of green peppers, gooseberries and apple.

### Reds

175ml / 250ml / Bottle

Cambio 7 Merlot, Chile £3.75/£4.85/£12.75  
Mouthfilling and smooth, with ripe sweet fruit flavours of plums and currants. The structure is generous, smooth and long.

The Gumnut Shiraz, Australia £3.75/£4.85/£12.75  
Bursting with bags of blackcurrant and cherry flavours and a touch of savoury black pepper on the side.

Saam Pinotage, South Africa £3.95/£4.95/£12.95  
The intensity of the fruit is carried onto the palate where it fills ones mouth with juicy tannins and ripe, dark fruit with hints of vanilla.

Argento Malbec, Argentina £3.95/£4.95/£13.45  
Juicy flavours of plum and blackberry with a touch of chocolate and vanilla from oak ageing leading to a long lingering finish with ripe velvety tannins.

Rioja Crianza Senorio de Labarta, Spain £4.15/£5.25/£14.95  
Ripe red berries, spices and vanilla, elegant and harmonious on the palate.

### Rosé

175ml / 250ml / Bottle

Califia Falls Zinfandel Rose, USA £3.95/£4.95/£13.95  
Strawberries, raspberries and sweet red cherry flavours blend together in this off dry rosé.

Conti Rossi Pinot Grigio Blush, Italy £3.85/£4.90/£12.95  
Floral aromas, elegant, clean, refreshing and fruity with a clear melon flavour and long aftertaste.

### Fizz

125ml / Bottle

Conti Neri Prosecco di Prosecco £3.95/£17.75  
Characteristic fruity bouquet, typical of aromatic grape wines, slightly bitter with a light body.

Gone for

# LUNCH

From 12pm

