

# 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
Trevaskis Apple Juice	£3.15	£5.45
Cornish Orchards Elderflower Pressé	£3.25	
Cornish Orchards Lemonade	£3.25	
Cornish Orchards Ginger Beer	£3.25	
Fruit Juices	£2.80	
Mineral Water – still or sparkling	£1.95	£3.95
Appletise	£3.15	
Frobishers Fusion	£3.15	
Apple & Mango, Apple & Raspberry or Orange & Passionfruit		
Pip Organic	£2.20	
Strawberry & Blackcurrant fruit juice, Pineapple & Mango smoothie		
Squash	£1.00	£1.75
Pepsi / Diet Pepsi / Pepsi Max / Lemonade	£2.30	£3.70

### HOT DRINKS

	£2.35
Tea per person / Fruit Tea	£2.35
Cappuccino / Latte / Mocha	£3.15
Hot Chocolate	£3.45
Espresso	£2.15
Double Espresso	£2.85
Americano / Flat White	£3.15

### DRAFT BEERS

	Small	Large
Tribute Cornish Ale	£2.35	£4.50
Proper Job IPA	£2.40	£4.55
Korev Lager	£2.50	£4.65
Seasonal Guest Ale	£2.50	£4.65

### CIDER

	£2.35	£4.50
Westons Stowford Press	£2.35	£4.50
Westons Mixed Berry	£2.40	£4.55
Trevaskis Windfall Cider (500ml)	£4.25	

### BOTTLED BEERS

Harbour Pilsner 330ml	£4.25
Harbour Cornish Bitter 500ml	£4.95
Wolf Rock Red IPA 500ml	£4.95
Sea Fury Special Ale 500ml	£4.95
Guinness Original 330ml	£3.65
Crabbie's Alcoholic Ginger Beer	£4.25

### ALCOHOL FREE NEW

Peroni Libera 0% alcohol	£3.65
Westons Stowford Press Cider 0% alcohol	£3.65

### WILDLIFE BOTANICALS

NUDE/BLUSH SPARKLING 0.5% ABV	200ml / Bottle
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.	£5.95 / £16.95

### PENTIRE ADRIFT

A botanical non-alcoholic spirit made from unique plants native to the North Cornwall coastline. Coastal, herbaceous, fresh. Served with Fevertree Tonic and ice.	50ml serve £6.55
---	------------------

### THE THREE SPIRIT RANGE

The Party Starter – Liverer	50ml serve £5.95
ENERGISING. EXOTIC. FIERY.	

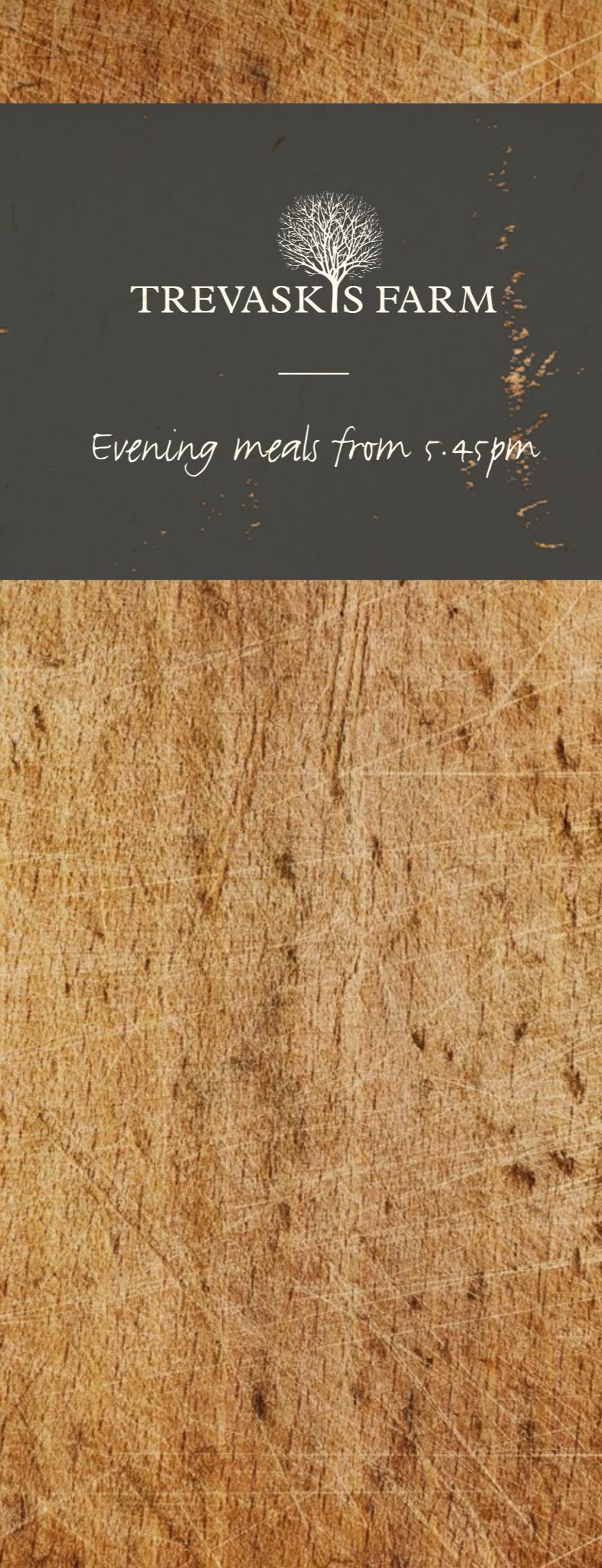
Kick-start the night with this exotic, fiery elixir powered by guayusa, Schisandra and energising plants. With vibrant berries, bright aromatics and heat for a lively, euphoric feeling. Contains natural caffeine. Served on ice.

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.



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

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

## SOMETHING TO START

Homemade soup	£6.35
Our own traditional recipe freshly baked roll and butter (Granary or white)	
Halloumi fries	£6.95
Caramalised red onion chutney	
Baby rack of our own free range pork ribs	£7.25
Marinated in soy and honey, sweet chilli sauce	
Trevaskis prawn cocktail <b>NEW</b>	£7.25
Atlantic prawns, crisp iceberg lettuce, our own Marie Rose sauce, croutons, lemon gel	
Spicy king prawns	£7.25
Paprika, chilli and garlic butter, toasted flatbread	
Breaded mushrooms	£6.95
In homemade breadcrumbs, garlic mayonnaise	
Whole baked camembert (to share)	£8.95
Baked in a wood case, roasted garlic, crusty artisan bread	
Lamb kofta	£7.25
Dressed house leaves, crumbled feta, flatbread, minted yoghurt dip	
Cornish mussels <b>NEW</b>	£8.95
Cooked in a changing seasonal style, crusty artisan bread	
Caesar salad	£7.25
Small £7.25 Large £13.95	
Strips of West Country chicken, crisp iceberg lettuce, anchovies, caesar dressing	

## 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.

## STEAKS

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

Rump steak	£18.65
Prime 12oz rump, grilled tomato, mushrooms	
Sirloin steak	£19.95
Prime 12oz sirloin, grilled tomato, mushrooms	
Rib eye steak	£20.75
Prime 12oz rib eye, grilled tomato, mushrooms	
Fillet steak	£22.95
Prime 8oz fillet, grilled tomato, mushrooms	
Surf 'n' Turf	£20.95
Prime 12oz steak of the day, fishmonger's seafood special, garlic butter, grilled tomato, mushrooms	
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	£14.95
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	£14.95
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 on the side	
Lamb and rosemary double burger	£14.95
Two 4oz hand crafted lamb and rosemary burgers, tomato, onion, crisp leaves, minted yoghurt and feta on the side	
Beyond Meat Burger (V) (VG) <b>NEW</b>	£14.95
Incredible, juicy, plant based burger, tomato, red onion, sliced pickle, Tracklements Sweet Mustard Sauce	
Southern fried chicken fillet burger	£14.95
Westcountry chicken fillet cooked in our crisp Kentucky style rub, crisp leaves, mayo	
The Trevaskis mixed grill	£24.95
Free range British Lop pork loin, lamb cutlet, rump steak, gammon steak, fried egg, pineapple ring, tomato, mushrooms	

Grilled 12oz gammon steak	£16.55
Our own free range British Lop pork, pineapple ring	
Add fried egg / cheese / mushroom	£1.15 each

## SIDES

Onion rings	£3.45
Large homemade onion rings in our crisp batter	
Coleslaw	£2.25
Our classic homemade coleslaw	
Bulgur wheat salad <b>NEW</b>	£8.95
Bulgur wheat, radish, edamame beans, peppers, almonds, citrus dressing	
Garlic artisan bread	£3.45
Da Bara ciabatta bread, fresh garlic, butter, chives	
Cheesy Garlic Artisan Bread	£4.60
DaBara ciabatta bread, fresh garlic, butter, cheese, chives	
Trevaskis mixed green salad	£3.85
Fresh leaves, cherry tomatoes and more, house dressing	

## THE STOVE

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

Smoked South Devon Breed Brisket <b>NEW</b>	£17.95
Creamy mashed Cornish potatoes, salted green kale	
Roasted rump of lamb	£18.75
Pea, broad bean, spring onion, smoked pancetta fricassee; capricorn goat's cheese, basil pesto	
Belly rack of ribs	£16.95
Traditional meaty ribs from our home reared, free range British Lop pork marinated in soy and honey, sweet chilli sauce	
Slow roasted British Lop pork belly	£17.95
Creamy mashed potato, caramelised apples, sweet cider gravy	
Pan fried West Country duck breast	£19.95
Buttered greens, rich plum and port jus	
Ballotine of roasted chicken breast	£16.95
Parma ham wrap, wild mushroom spinach mousse, light cream sauce, hint of tarragon	
Fresh tagliatelle pasta (V)	£12.95
Roasted cherry tomatoes, spinach, white wine, and mascarpone (v)	
Whole roasted sweet peppers (V)	£12.95
Leeks, fresh grated apple, pine nuts, cream sauce, parmesan	

## FREE FROM **NEW**

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

Roasted red pepper and sweet potato falafel salad (VG)	£13.95
Falafel, bulger wheat, radish, edamame beans, peppers, almonds, citrus dressing	
Beyond Meat Burger (V) (VG)	£14.95
Incredible, juicy, plant based burger, tomato, red onion, sliced pickle, Tracklements Sweet Mustard Sauce	
Katsu curry (V) (GF)	£14.95
Crispy tofu, coconut and lime rice	
Swap to chicken (GF)	
Moroccan lentil and vegetable stew (V) (GF)	£13.75
Crusty artisan bread	

## KEY

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

## FROM THE WOK

Sizzling duck	£18.85
Duck breast strips, chilli, pineapple, mange tout, beansprouts, sweet plum sauce. Egg fried or steamed rice	
Sizzling tamarind beef	£17.85
Fillet steak, sweet peppers, spring onions, garlic, red onion, Szechuan pepper, fresh herbs. Egg fried or steamed rice	
Sizzling chicken and cashew nut	£16.95
Strips of West Country chicken, crisp vegetables, cashew nuts. Egg fried or steamed rice	
Sizzling king prawns	£17.55
Crisp vegetables, orange Cointreau sauce. Egg fried or steamed rice	
Sizzling black bean tofu and broccoli (V)	£14.25
Crisp vegetables, rich black bean sauce. Egg fried or steamed rice (v)	
Sweet and sour chicken	£16.95
Strips of West Country chicken breast, lightly battered, our homemade sweet and sour sauce. Egg fried or steamed rice	

## FROM THE SEA

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

Salmon fillet	£15.45
Ethically produced in low numbers, this exquisite salmon is allowed to grow as nature intended. Oven seared, grilled cherry tomatoes, pomegranate molasses	
Crispy battered haddock	£15.75
From our own fishmonger, garden peas, tartar sauce, wedge of lemon	
Home-made fishcakes	£14.65
Prime cuts of fresh fish, herbs, light seasoning, rolled in breadcrumbs, watercress and cherry tomato slada, light lemon and herb mayonnaise	
Wholetail scampi	£14.95
Hand-cut chunky chips, tartar sauce, wedge of lemon	
Cornish mussels <b>NEW</b>	£13.95
Cooked in a changing seasonal style, crusty artisan bread	

*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.*