

THE ATLANTIC

day menu

from twelve

nibbles

WARM ITALIAN FLATBREAD & OLIVES

Cold-pressed Devon rapeseed oil and balsamic vinegar. *vg*
8.25

PRESSED CHICKEN & HAM PIE

Piccalilli relish and watercress. **7**

CHORIZO BITES Oven-roasted Catalanian chorizo. **6**

PADRÓN PEPPERS Cornish sea salt. *vg* **5**

VEGAN SAUSAGE ROLL Served warm with caramelised onion chutney and watercress. *vg* **6**

to start

SEASONAL SOUP Bread and Trewithen Dairy Cornish butter. *v + vgo* **7.5**

SALT & PEPPER SQUID Sweet chilli, lime & coriander mayo, and lemon wedge. **8.5**

ROSE HARISSA HUMMUS Crispy chickpeas, ras el hanout, pistachio crumb, lemon zest, olive oil, and a warm pitta. *vg* **7**

GRILLED LAMB SKEWER Minted Greek yoghurt, crispy onions, endive, and pomegranate seeds. **8**

SMOKED MACKEREL & HORSERADISH RILLETTE Pickled cucumber, sourdough toast, watercress, and lemon wedge. **8.5**

to share

ITALIAN PROSCIUTTO & MOZZARELLA FLATBREAD Basil pesto, rocket, and sweet drop peppers. **18.5**

BUFFALO MOZZARELLA FLATBREAD Basil pesto, rocket, and sweet drop peppers. *v* **17.5**

SMOKED MACKEREL & HORSERADISH FLATBREAD Pickled cucumber, sun-dried tomatoes, and rocket. **18.5**

CURRIED CAULIFLOWER & ROASTED CHICKPEA FLATBREAD Harissa hummus, roasted cauliflower & chickpeas, and mint tahini dressing. *vg* **17**

Our sharing flatbreads pair perfectly with the rich and jammy flavours of our Malbec.

for lunch

WEST COUNTRY BEEF BURGER In a glazed bun, burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled gherkins, gem lettuce, chorizo & sweet chilli jam, and fries. **16**

STEAK FRITES Sliced 4oz sirloin served pink or well done, garlic butter, rocket, sweet drop peppers, and seasoned fries. **15.5**

GOLDEN WHOLETAIL SCAMPI Peas, tartare sauce, skin-on chips, and lemon wedge. **10/15.5**

FISH & CHIPS Newlyn-landed hake in St Austell Ale batter. Mushy peas, tartare sauce, and lemon wedge. **10.5/18**

Pair with Tribute, our light and zesty, easy-drinking pale ale.

25p from every portion of Fish & Chips goes to the St Austell Brewery Charitable Trust. We're raising funds to ensure life-saving defibrillators can be installed in the heart of our communities in 2023.

BANANA BLOSSOM FISH AND CHIPS Banana blossom in St Austell Ale batter. Mushy peas, vegan tartare sauce, and lemon wedge. *vg* **10/15**

CHIP SHOP UPGRADE Chip shop curry sauce, pickled egg, pickled onion, and bread & butter. *v* **4.5**

LINE-CAUGHT CORNISH MACKEREL NIÇOISE Boiled egg, new potatoes, green beans, olives, cherry tomatoes, mixed leaf salad, and anchovy dressing. **17**

PLOUGHMAN'S LUNCH Pressed chicken & ham pie, Mature Davidstow Cheddar, pickled onion, salad, caramelised onion chutney, and bread. **13**

GREEK FETA SALAD Crumbled feta, red onion, cucumber, tomatoes, mint, dill, and oregano. In a red wine vinegar & olive oil dressing. *v + vgo* **14**

ATLANTIC PRAWN BAGUETTE Atlantic prawns coated in a classic cocktail sauce, on a bed of crisp gem lettuce and sliced tomato. **10**

CHEESE & TOMATO CHUTNEY BAGUETTE Mature Davidstow Cheddar cheese and tomato chutney. *v* **9**

CORONATION CHICKEN NAAN Toasted almonds, salad leaves, onion seeds, spring onions, curry oil, and salad garnish. **9.5**

CORNISH FISH FINGER ROLL Hake goujons in St Austell Ale batter, crisp lettuce, curried mayo, and fries. **9.5**

CURRIED CAULIFLOWER & ROASTED CHICKPEA WRAP Harissa hummus, roasted cauliflower & chickpeas, mint tahini dressing, and shredded lettuce. *vg* **8**

SOUTHERN FRIED CHICKEN WRAP Crispy chicken goujons, American cheese slice, baby gem lettuce, and mayo. **8.5**

on the side

SKIN-ON CHIPS *vg* **4.5**

FRIES *vg* **4.25**

BUTTERED NEW POTATOES *vg* **4**

GARLIC BREAD *vg* **4.25**

GARLIC BREAD WITH CHEESE *v* **4.75**

DRESSED SIDE SALAD *vg* **4**

SEASONAL SUMMER VEGETABLES *vg* **4.5**

to finish

STICKY TOFFEE PUDDING Vanilla ice cream, gingernut crumb, and toffee sauce. *v* **8.5**

WARM DOUBLE-CHOCOLATE BROWNIE Vanilla ice cream, chocolate sauce, and cookie crumb. *v* **8.5**

HONEY & YOGHURT PANNA COTTA Cornish fairing biscuit, Dead Man's Fingers rum, poached pineapple, and raspberries. **8.5**

CORNISH ICE CREAMS & SORBET *per scoop* **2.5**

vanilla *v* / chocolate *v* / strawberry *v* / salted caramel *v* / vegan raspberry ripple *vg* / ruby orange sorbet *vg*

CORNISH CREAM TEA Indulge in an afternoon treat. A Baker Tom's scone, Trewithen Dairy clotted cream, strawberry jam, and a pot of tea. *v* **9.5**

coffee

ESPRESSO **2.35**

DOUBLE ESPRESSO **2.75**

MACCHIATO **3**

AMERICANO **2.85**

CAPPUCCINO **3.4**

LATTE **3.4**

FLAT WHITE **3.4**

MOCHA **3.75**

ICED COFFEE **3.4**

tea

HERBAL/FRUIT INFUSION **3.35**

POT OF TEA **2.75**

hot chocolate

HOT CHOCOLATE **3.75**

DELUXE HOT CHOCOLATE **4.15**

All served with a chocolate chip biscotti.



For allergen and nutritional info please scan the QR code. Adults need around 2,000 kcal a day. Always inform us of any allergies before placing your order, not all ingredients are listed. Detailed allergen information is available via the QR code. We cannot guarantee the total absence of allergens.

v - vegetarian · *vg* - vegan · *vgo* - vegan option

THE ATLANTIC

evening menu

from five

nibbles

WARM ITALIAN FLATBREAD & OLIVES

Cold-pressed Devon rapeseed oil and balsamic vinegar. *vg*
8.25

CHORIZO BITES Oven-roasted Catalonian chorizo. **6**

PADRÓN PEPPERS Cornish sea salt. *vg* **5**

PRESSED CHICKEN & HAM PIE Piccalilli relish and watercress. **7**

VEGAN SAUSAGE ROLL Served warm with caramelised onion chutney and watercress. *vg* **6**

to start

SEASONAL SOUP Bread and Trewithen Dairy Cornish butter. *v + vgo* **7.5**

SALT & PEPPER SQUID Sweet chilli, lime & coriander mayo, and lemon wedge. **8.5**

ROSE HARISSA HUMMUS Crispy chickpeas, ras el hanout, pistachio crumb, lemon zest, olive oil, and a warm pitta. *vg* **7**

GRILLED LAMB SKEWER Minted Greek yoghurt, crispy onions, endive, and pomegranate seeds. **8**

OVEN-ROASTED TANDOORI CHICKEN Marinated chicken breast, red lentil dhal, onion bhaji, and a lime & coconut dressing. **8.5**

SMOKED MACKEREL & HORSERADISH RILLETTE Pickled cucumber, sourdough toast, watercress, and lemon wedge. **8.5**

to share

ITALIAN PROSCIUTTO & MOZZARELLA FLATBREAD Basil pesto, rocket, and sweetie drop peppers. **18.5**

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CURRIED CAULIFLOWER & ROASTED CHICKPEA FLATBREAD Harissa hummus, roasted cauliflower & chickpeas, and mint tahini dressing. *vg* **17**

for mains

WEST COUNTRY BEEF BURGER In a glazed bun, burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled gherkins, gem lettuce, chorizo & sweet chilli jam, and fries. **16**

Pair with the rich and jammy flavours of our Argento Malbec.

WEST COUNTRY 8OZ SIRLOIN STEAK Garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomatoes, rocket salad, and skin-on chips. **27.5**

+ *Shell-on black tiger prawns in garlic & chive butter* 5.75

+ *Peppercorn sauce* 3.75

+ *Chimichurri sauce v* 3

FISH & CHIPS Newlyn-landed hake in St Austell Ale batter. Mushy peas, tartare sauce, and lemon wedge. **18**

Pair with Tribute, our light and zesty, easy-drinking pale ale.

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BANANA BLOSSOM FISH AND CHIPS Banana blossom in St Austell Ale batter. Mushy peas, vegan tartare sauce, and lemon wedge. *vg* 15

CHIP SHOP UPGRADE Chip shop curry sauce, pickled egg, pickled onion, and bread & butter. *v* 4.5

GOLDEN WHOLETAIL SCAMPI Peas, tartare sauce, skin-on chips, and lemon wedge. 15.5

CHICKEN, BACON & MUSHROOM PIE Skin-on chips, a rich gravy, and mushy peas. 16

CHICKEN TIKKA MASALA Tender chicken breast cooked in a mild creamy curry sauce. Turmeric rice, naan, mango chutney, mint yoghurt, and an onion bhaji. 17

SMOKED TOFU TIKKA MASALA Smoked tofu cooked in a mild creamy curry sauce. Turmeric rice, naan, mango chutney, mint yoghurt, and an onion bhaji. *vg* 16.5

LINE-CAUGHT CORNISH MACKEREL NIÇOISE Boiled egg, new potatoes, green beans, olives, cherry tomatoes, mixed leaf salad, and anchovy dressing. 17

GREEK FETA SALAD Crumbled feta, red onion, cucumber, tomatoes, mint, dill, and oregano. In a red wine vinegar & olive oil dressing. *v + vgo* 14

OVEN-ROASTED CHICKEN SUPREME Crushed new potatoes, seasonal vegetables, and a red wine jus. 16

on the side

SKIN-ON CHIPS *vg* 4.5

FRIES *vg* 4.25

BUTTERED NEW POTATOES *vg* 4

GARLIC BREAD *vg* 4.25

GARLIC BREAD WITH CHEESE *v* 4.75

DRESSED SIDE SALAD *vg* 4

SEASONAL SUMMER VEGETABLES *vg* 4.5

to finish

STICKY TOFFEE PUDDING Vanilla ice cream, gingernut crumb, and toffee sauce. *v* 8.5

WARM DOUBLE-CHOCOLATE BROWNIE Vanilla ice cream, chocolate sauce, and cookie crumb. *v* 8.5

HONEY & YOGHURT PANNA COTTA Cornish fairing biscuit, Dead Man's Fingers rum, poached pineapple, and raspberries. 8.5

BELGIAN WAFFLE Warm blueberry compote, caramelised banana, and vegan raspberry ripple ice cream. *vg* 8.5

AFFOGATO Double espresso and vanilla ice cream. *v* 5

CORNISH ICE CREAMS & SORBET *per scoop* 2.5

vanilla *v* / chocolate *v* / strawberry *v* / salted caramel *v* / vegan raspberry ripple *vg* / ruby orange sorbet *vg*

WEST COUNTRY CHEESEBOARD Selection of three West Country cheeses, crackers, plum & apple chutney, grapes, and celery. Please ask for today's selection. *v* 13

coffee

ESPRESSO 2.35

DOUBLE ESPRESSO 2.75

MACCHIATO 3

AMERICANO 2.85

CAPPUCCINO 3.4

LATTE 3.4

FLAT WHITE 3.4

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CHILDREN'S MENU

MAINS

(CHOOSE YOUR MAIN)

BEEF BURGER 7.00

Toasted glazed bun, beef patty, lettuce and tomato sauce.

+ American cheese. 50p

GRILLED PORK SAUSAGES 7.00

QUORN VEGAN SAUSAGES (vg) 7.00

BATTERED HAKE GOUJONS . . . 7.00

PENNE PASTA IN A CLASSIC TOMATO SAUCE (v) 7.00

Served with grated cheddar cheese and garlic bread. (additional sides not included)

SOUTHERN FRIED CHICKEN GOUJONS 7.00

SIDES

(CHOOSE TWO SIDES)

→ FRIES (vg)

→ NEW POTATOES (vg)

→ RICE (vg)

→ BEANS (vg)

→ PEAS (vg)

→ SALAD (vg)

DESSERTS

SCOOP OF ICE CREAM 2.50

Vanilla (v), Chocolate (v), Strawberry (v), Vegan raspberry ripple (vg)

PIP ORGANIC RAINBOW FRUITY LOLLY 2.50

PIP ORGANIC BERRY PUSH POP 2.50



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