



NIBBLES

BAKER TOM'S ROSEMARY & SEA SALT FOCACCIA 4.0

Olive oil, balsamic vinegar. *vg, gf*

OLIVES 3.5 *vg, gf*

CHORIZO BITES 5.0 *gf*

PADRÓN PEPPERS 4.0

Cornish sea salt. *vg, gf*

BEER-PICKLED COCKLES 4.0 *gf*

STARTERS

SEASONAL SOUP 6.5

Bloomer wedge and Cornish butter. *v, vg option, gf option*

LOCALLY SOURCED STEAMED MUSSELS 8.0

Rattler cider, leek & cream sauce and bloomer wedge. *gf option*

SHEPHERD'S PIE CROQUETTE 7.0

Brown sauce mayonnaise. *gf option*

HAND-PICKED CRAB REMICK 9.0

Warm white and brown crab, tarragon & mayo, toasted rosemary & sea salt focaccia. *gf option*

PINEAPPLE-CUT CALAMARI 7.5

Sweet chilli & coriander mayo and lemon.

WHIPPED GOAT'S CHEESE & BEETROOT 7.0

Goat's cheese bonbon, marinated winter beets, pistachio crumb and crostini. *v, gf option*

CHESTNUT MUSHROOM & WALNUT PÂTÉ 6.5

Caramelised red onion chutney, herb & walnut crumb and toasted rosemary & sea salt focaccia. *vg, gf option*

pub CLASSICS

6OZ HAND-PRESSED BURGER 14.0

In a glazed bun with our own burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled red onion, gem lettuce, chorizo & sweet chilli jam and fries. *gf option*

WEST COUNTRY 10OZ RUMP STEAK 18.0

Garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, portobello mushroom and chips. *gf*
Add Shell-On Black Tiger Prawns in Garlic & Chive Butter +4.0 *gf*
Add Peppercorn Sauce +3.0 *gf*

STEAK & GEM ALE PIE 13.5

Mashed potato, tenderstem broccoli, and caramelised red onion gravy.

SCAMPI & CHIPS 12.5

Peas, tartare sauce and lemon.

COD & CHIPS 13.75

Atlantic cod in a St Austell Ale & seaweed batter with garden or mushy peas, tartare sauce and lemon. *vg option, gf*

Add Chip Shop Curry Sauce +2.0 *v*

For our vegan diners...

Instead of cod, we coat banana blossom in a St Austell Ale & seaweed batter with garden or mushy peas, vegan tartare sauce and lemon. *vg, gf 12.75*

20p from every portion of Cod & Chips sold is donated to the St Austell Brewery Charitable Trust, supporting charities, good causes and individuals in need across the South West.

SHARERS

SEAFOOD SHARER 32.0

Crab remick, mussels in Rattler cider, leek & cream sauce, smoked mackerel, pineapple-cut calamari, shell-on tiger prawns, cod goujons, rosemary & sea salt focaccia, bloomer wedge, fries, apple & celeriac remoulade, coriander & sweet chilli mayo dip, and lemon.

For £50, enhance this tasty seafood experience with our fruity Marlborough region Sauvignon Blanc

BAKED CAMEMBERT 15.0

Studded with garlic & rosemary, with spiced tomato chutney, mushroom & walnut pâté, caramelised red onion chutney, rosemary & sea salt focaccia and malthouse bloomer. *v, gf option*

For £33, complete this delicious sharer with a warming bottle of La Borie Cabernet Sauvignon

MAINS

MARKET FISH 16.5

Please ask for today's catch.

LOCALLY SOURCED STEAMED MUSSELS 16.0

Rattler cider, leek & cream sauce, bloomer wedge and fries. *gf option*

SOUTH INDIAN VEGETABLE CURRY 12.0

Tear drop naan bread, mini poppadoms, raita, toasted flaked almonds and basmati rice. *vg*
Add Chicken or Prawns +3.0

MEDITERRANEAN CHICKEN 13.0

Basil pesto, sun-dried tomatoes, buffalo mozzarella, potato cake and dressed salad. *gf*

CAULIFLOWER, CHARD & LEEK RAVIOLI 11.0

Basil pesto and toasted pine nut crumb. *vg*

FEATHER BLADE OF BEEF 15.0

Horseradish mashed potato, carrots, tenderstem broccoli, parsnip crisps and caramelised onion gravy. *gf*



FOR THE CHILDREN

We have a children's menu available for the little ones. *Please ask your server.*

SIDES

FRIES OR CHIPS 3.5 *vg, gf*

CHEESY CHIPS 4.5 *v, gf*

GARLIC CIABATTA 3.5 *v*

GARLIC CIABATTA & CHEESE 4.5 *v*

MASHED POTATO 3.0 *vg, gf*

TENDERSTEM BROCCOLI & TOASTED ALMONDS 3.0 *vg, gf*

ROASTED WINTER VEG 4.0 *vg, gf*

GEM LETTUCE WEDGE 3.0 *v, gf option*

Blue cheese sauce and crispy onion.

APPLE & CELERIAC REMOULADE 3.5 *v, gf*

DESSERTS

WARM TRIPLE CHOCOLATE BROWNIE 6.0

Berries, clotted cream, meringue. *v, gf*

STICKY TOFFEE PUDDING 6.5

Salted caramel ice cream. *v*

ROSEMARY & BUTTERMILK PANNA COTTA 6.5

Cornish faring and winter berries. *gf option*

LEMON CURD BRÛLÉE TART 6.5

Winter berries, clotted cream and meringue. *v, gf*

COCONUT RICE PUDDING 6.0

Cointreau marmalade and sweet dukkah. *vg, gf*

CORNISH ICE CREAM & SORBET 2.0 PER SCOOP

Vanilla, chocolate, strawberry, salted caramel, vegan raspberry ripple or passion fruit sorbet. *v, vg option, gf*



WEST COUNTRY CHEESEBOARD 9.5

Selection of three West Country cheeses served with crackers, spiced tomato chutney, grapes and celery. Please ask your server for details.

DESSERT WINE

A perfect pairing for something sweet. *Please ask for details.*

GUESTS WITH ALLERGIES

Our allergen information is available on request. Please let your server know about any allergy or intolerance you may have. We take steps to minimise the risk of cross-contamination when preparing your food, however we do not have specific allergen-free zones in our kitchens. Therefore it is not possible for us to guarantee separation of all allergens. *v - vegetarian, vg - vegan, gf - gluten free ingredients*

SUPPORTING LOCAL SUPPLIERS

We take pride in the provenance of our ingredients, sourcing local South West produce from: *Etherington Meat Co. · Matthew Stevens · Baker Tom's Bread · Tilley's Gluten Free Bakery & Chocolate House · Treleavens Luxury Cornish Ice Cream · Cornish Coffee*

The Atlantic is proud to be part of St Austell Brewery's Pubs, Inns & Hotels collection. If you would like to find out more about us or explore other St Austell Brewery outlets across the South West, visit www.staustellbrewery.co.uk



hot DRINKS

ESPRESSO 2.05

DOUBLE ESPRESSO 2.55

MACCHIATO 2.20

AMERICANO 2.05

CAPPUCCINO 2.60

LATTE 2.60

FLAT WHITE 2.85

MOCHA 2.75

ICE COFFEE 2.05

HOT CHOCOLATE 2.95

DELUXE HOT CHOCOLATE 3.35

HERBAL/FRUIT INFUSION 2.65

POT OF TEA 2.05

