

THE ATLANTIC

sunday menu

nibbles

WARM ITALIAN FLATBREAD & OLIVES

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

CHORIZO BITES Oven-roasted Catalan 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**

our roasts

All roasts are served with a Yorkshire pudding, rosemary & sea salt roasted potatoes, parsnip, seasonal vegetables, cauliflower cheese, and a rich gravy.

BRIE, CRANBERRY & MUSHROOM WELLINGTON Baked flaky puff pastry Wellington filled with a sautéed thyme, garlic & mushroom, Brie & cranberry sauce. *v* **16**

APRICOT & CHESTNUT ROAST A rich blend of apricots, chestnuts, mixed nuts, herbs, and vegetables. Slowly oven roasted. *vg* **16**

WEST COUNTRY BEEF Tender roasted topside of West Country beef, served pink. **18**

ROASTED PORK LOIN Oven roasted pork loin served with crispy salt & pepper crackling. **17**

ROAST TURKEY Oven roasted, boned, and rolled British sliced turkey breast with a sage & onion pork stuffing. **16**

EXTRAS

Yorkshire pudding **1.0**

Side of pigs in blankets **4.50**

Side of rosemary & sea salt roast potatoes **3.50**

Side of cauliflower cheese **3.50**

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.

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.

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* **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**

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**

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**

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**



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