

THE HARBOUR INN

Menu with wheat and gluten information

Please let a team member know if you have any dietary requirements or allergies.*

STARTERS

- Soup of the Day** herb croutons, bread and butter. (v) £6.50 - *Contains wheat. Non-gluten option.*
- Fresh West Country Mussels** white wine and cream sauce, warm ciabatta. £8.00 - *Contains wheat. Non-gluten option.*
- Chicken Liver Parfait** caramelised onion chutney, toasted ciabatta. £7.00 - *Contains wheat. Non-gluten option.*
- Warm Pitta and Houmous** olives, cucumber, sun-blushed tomato. (vg) £6.50 - *Contains wheat.*
- Deep-Fried Cornish Camembert** chilli jam, crostini. £8.00 - *Contains wheat.*
- Atlantic Prawn Cocktail** shredded lettuce, cucumber ribbons, seafood sauce, lemon, granary bread and butter. £8.00 - *Contains wheat. Non-gluten option.*

MAINS

- Atlantic Cod Deep-Fried in Tribute Ale Batter** chips, mushy peas, Cornish seaweed salt. £13.50 - *Contains wheat. Non-gluten option.*
- West Country Cheese Burger** 6oz burger, Monterey Jack cheese slice, pickled red onion, homemade burger mayo, lettuce, fries. £13.00 - *Contains wheat. Non-gluten option.*
- Thai Yellow Vegetable Curry** selection of vegetables and potato in our homemade Thai yellow curry sauce with steamed rice. (v/vgo) £13.00 - *Non-gluten ingredients.*
- Falafel and Squash Salad** warm beetroot falafels, butternut squash, mixed leaves, tomato, sweet beetroot, cucumber, cranberries, pomegranate, pumpkin seeds. (vg) £12.00 - *Non-gluten ingredients.*
- Smoked Haddock and Mussel Chowder** poached egg, ciabatta. £13.00 - *Contains wheat.*
- Tribute Ale Sausage Ring** wholegrain mustard mash, greens, onion gravy. £12.00 - *Contains wheat.*
- Golden Wholetail Scampi** chips, garden peas, tartare sauce. £12.00 - *Contains wheat.*
- Steak and Gem Ale Pie** mashed potato, seasonal greens, onion gravy. £13.00 - *Contains wheat.*
- Thai Yellow Chicken Curry** homemade curry sauce, red peppers, mangetout, steamed rice, homecooked prawn crackers. £14.50 - *Non-gluten ingredients.*

DESSERTS

- Sticky Toffee Pudding** rich toffee sauce, salted caramel ice cream. (v) £6.00 - *Contains wheat.*
- Triple Chocolate Brownie** raspberry coulis, Cornish clotted cream. £6.00 - *Non-gluten ingredients.*
- Winter Berry Mess** meringue shards, Chantilly cream, winter fruits, chocolate sauce. £6.00 - *Non-gluten ingredients.*
- Treleavens Ice Cream** chocolate, strawberry, vanilla or salted caramel. (v) £2.00 per scoop - *Non-gluten ingredients.*
- Cornish Sea Salt Chocolate Truffle Torte** spiced ginger base, clotted cream, fruit coulis. £6.00 - *Contains wheat.*

SANDWICHES AND WRAPS

- Available from 12-5pm. Served with salad garnish and crisps.
- Atlantic Prawns** seafood sauce, crisp lettuce. £8.00 - *Contains wheat. Non-gluten option.*
- Southern Fried Chicken Wrap** crisp lettuce, cheese slice, mayo. £7.50 - *Contains wheat.*
- Sliced Cornish Yarg** Tribute ale chutney. £7.50 - *Contains wheat.*

SIDES

- Chips (vg) £3.50 / Fries (vg) £3.50 / Cheesy Chips (v) £4.50
Side Salad (vg) £3.50 / Seasonal Vegetables (vg) £4.00
- *All non-gluten ingredients.*

- Garlic Bread (vg) £3.00 - *Contains wheat.*
Invisible Chips - 0% Fat, 100% Hospitality £2.00**

(v) vegetarian / (vo) vegetarian option / (vg) vegan / (vgo) vegan option.
*Information about all other allergens is recorded and available upon request.
Please note 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. If you would like further information on our preparation methods, please ask one of our team members.

This is a recyclable, single-use menu printed on 100% recycled paper.

**All proceeds raised from invisible chips sales will be donated to Hospitality Action, which is helping people in hospitality worst affected by the Covid crisis. Thanks for chipping in.

Visit [hospitalityaction.org.uk](https://www.hospitalityaction.org.uk) for more details.