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STARTERS

WARM ORIENTAL DUCK SALAD (N)	£8
With hoisin sauce & sticky cashews	
PRAWN COCKTAIL (GFO)	£8
Prawns served on baby gem lettuce, black pepper & lime Mayonnaise, granary bread	
CLASSIC CAESAR SALAD	£7.50
Herb croutons, Caesar dressing, parmesan.	
CHEFS HOMEMADE FISHCAKE	£8
Cod, mature cheddar & spring onion fishcake, saffron aioli, rocket & parmesan crisp	
MOZZARELLA STICKS (V)	£8
With Harissa mayonnaise	
HOMEMADE SOUP OF THE DAY (GFO)	£6
With fresh crusty bread & butter	

SALADS & SHARERS

CAJUN CHICKEN CAESAR SALAD	£15
Chicken, pancetta, herb croutons, Caesar dressing & parmesan	
BAKED CAMEMBERT IN A BOX SHARER	£18
Battered onion rings, garlic ciabatta, guindilla peppers, red onion chutney, sweet potato fries & breadsticks wrapped in Parma ham	
MIXED SEAFOOD PLATTER	£20
Prawns bound in black pepper & lime mayo'. Cod, cheddar & spring onion fishcake with saffron Aioli, parmesan crisp & rocket. Dusted whitebait, fish curry, handful of chips & a wedge of bread with butter	
BEEF CHILLI NACHO'S TO SHARE (GF)	£14
Sour cream, salsa, cheddar cheese & jalapeños	
VEGETABLE CHILLI NACHO'S TO SHARE (GF) (V)	£14
Sour cream, salsa, cheddar cheese & jalapeños	

SUNDAY LUNCH

Served from 12pm to 3pm every Sunday.

Choice of two meats and a large selection of fresh vegetables with all the trimmings.
Please ask your server for today's choice of meats.

Vegetarian roast options available on request.

CHILD'S ROAST (under 12's)	£8*
REGULAR ROAST	£12.50*
LARGE ROAST	£14.50*

*£1 supplement for roast lamb

CLASSIC MAINS

10oz RUMP STEAK* (GFO)	£21
Cooked to your liking, served with rustic chips, tomato, peas, battered onion rings & portobello mushroom	
Peppercorn Sauce (GF)	£2.50
Mango & Stilton Glaze (GF)	£2.50
Garlic Butter (GF)	£1.50
HOMEMADE BEEF LASAGNE	£16
Served with rustic chips, salad, coleslaw & garlic bread	
BEER BATTERED FILLET OF COD (GFO) 5ml	£13.50/ Lrg £16
Served with rustic chips, mushy or garden peas & tartar sauce	
WHOLETAIL BREADED SCAMPI	£16
Served with rustic chips, mushy or garden peas & tartar sauce	
10oz GAMMON STEAK (GFO)	£17.50
Topped with fried egg & pineapple. Served with rustic chips, tomato, peas, battered onion rings	
KITTOWS 6oz BEEF BURGER	£14.50
Brioche bun, rustic chips, battered onion rings & salad Add cheddar cheese or bacon for £1.00 each	
LIGHTLY DUSTED FILLET OF HAKE (GFO)	£18.50
On a bed of sauteed new potatoes, olives, green beans, cherry tomatoes & spinach with basil pesto	
CHEFS BUBBLE & SQUEAK (GF)	£13.50
With smoked bacon, 2 free-range eggs & chilli ketchup	
CAJUN CHICKEN BURGER	£15
Garlic mayonnaise, jalapeños, fresh coriander, lettuce & red onion. Served in a brioche bun with rustic chips & battered onion rings.	
CLASSIC BEEF BOURGUIGNON (GF)	£19
Slow cooked beef featherblade in a Bourguignon sauce served with roasted baby potatoes, carrots & fine beans	
CHEF'S CHICKEN TIKKA MASALA (GF)	£16
Basmati rice, poppadum, lime pickle & mango chutney	



AA 4* GUEST ROOMS

We offer bed & breakfast & have 8 individual, spacious & comfortable guest rooms

SIDES & NIBBLES

RUSTIC CHIPS (V)	£4.50
Topped with cheddar or blue cheese	
SWEET POTATO FRIES (V)	£5
Topped with cheddar or blue cheese	
MOZZARELLA STICKS (V)	£8
With Harissa mayonnaise	
GARLIC CIABATTA	£4.50
Topped with cheddar cheese	
BREAD, OLIVES, ROCKET & BALSAMIC OIL (V)	£7
SIDE SALAD WITH COLESLAW (V)	£4
BATTERED ONION RINGS (V)	£4
BATTERED CHICKEN CHUNKS	£8
With garlic mayonnaise & BBQ sauce dip	

All weights of our meat are approximate uncooked.
All meals may contain nuts or nut derivatives. Fish may contain small bones.
All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients.
If you have a food allergy, please let us know before ordering.
Full allergen information is available on request.

THE BRITANNIA INN

RESTAURANT & ROOMS

TREGREHAN, PAR

CORNWALL, PL24 2SL

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VEGETARIAN & VEGAN

HALLOUMI, PORTOBELLO MUSHROOM & ROASTED RED PEPPER (V) (GFO) £15

Served in a brioche bun with Greek yoghurt guacamole & rocket with sweet potato fries & onion rings

VEGAN SAUSAGE & GARLIC MUSHROOM RISOTTO (VG) £15
Finished with pea shoots, spinach & vegan style parmesan

VEGETABLE & CHICKPEA MADRAS CURRY (VG) (GF) £15
Basmati rice, poppadum, lime pickle & mango chutney

JACKET POTATOES

Available 12pm—5pm only.

DRESSED PRAWN, MAYO', BLACK PEPPER & LIME (GF) £13
Freshly baked & served with salad

TUNA & MAYONNAISE (GF) £13
Freshly baked & served with salad

BEEF CHILLI (GF) £13
Freshly baked, topped with cheese & served with salad

VEGETABLE CHILLI (V) (GF) £13
Freshly baked & topped with cheese & sour cream.

CHEDDAR CHEESE (V) (GF) £12
Freshly baked & served with salad

FLATBREADS

Available 12pm—5pm only.

BACON & BRIE £13.50
With onion marmalade. Salad & rustic chips

TUNA & MAYONNAISE £12.50
With crisp lettuce & garlic mayo'. Salad & rustic chips

RUMP STEAK £14.50
With rocket & sweet chilli. Salad & rustic chips

CHILDRENS MENU

MAINS

CHICKEN NUGGETS & CHIPS £6.50

With peas or beans

MAC' n CHEESE (V) £6.50

With garlic ciabatta

KITTOWS 4OZ BEEF BURGER £6.50

In a bun with chips & peas or beans

PORK SAUSAGE & CHIPS £6.50

With peas or beans

VEGAN SAUSAGE & CHIPS (VG) £6.50

With peas or beans

BATTERED COD BITES (GFO) £6.50

With chips & peas or beans

DESSERTS

2 SCOOP ICE CREAM WITH WAFER (GFO) £4

Strawberry, chocolate, vanilla or salted caramel

2 SCOOP VEGAN ICE CREAM (VG) (GF) £5

Chocolate or vanilla

CHOCOLATE BROWNIE SUNDAE (GF) £5.50

Chocolate ice cream, whipped cream, chocolate

STRAWBERRY SUNDAE (GF) £5.50

Strawberry ice cream, whipped cream, strawberry sauce & chocolate stars

DESSERTS

WARM CHOCOLATE FUDGE CAKE £7
With Cornish clotted cream

SALTED CARAMEL CHEESECAKE £7.50
Fudge pieces, caramel sauce & Cornish clotted cream

WHITE & MILK CHOCOLATE ETON MESS (GF) £7.50
White & milk chocolate mousse with meringue & chocolate brownie

HOMEMADE LEMON & BLUEBERRY POSSET (GF) £7.50
Served with shortbread

WARM TREACLE TART £7
With Cornish clotted cream

CORNISH CHEESEBOARD (N) (GFO) £9.50
Davidstow mature cheddar, wild garlic Yarg, Helford blue, Trevarrian brie, biscuits, onion chutney & grapes

ICES

ICE CREAM (GFO)
Strawberry, chocolate, vanilla or salted caramel with wafer

2 scoops £4

3 scoops £5

VEGAN ICE CREAM (VG) (GF)

Chocolate or vanilla

2 scoops £5

3 scoops £6

BANOFFEE SUNDAE £7.50

Served with whipped cream & wafer

CHOCOLATE & HAZLENUT SUNDAE (GFO) £7.50

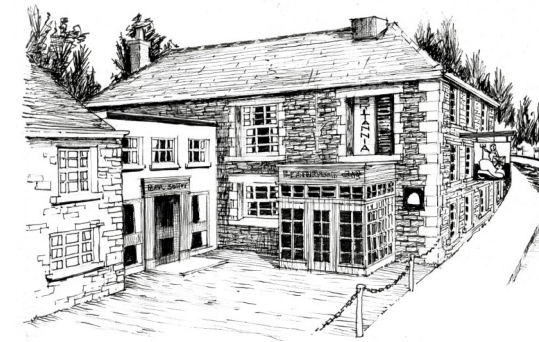
Served with whipped cream & wafer

PLEASE ADVISE YOUR SERVER IF YOU HAVE ANY DIETARY OR INTOLERANCE REQUESTS

(V) SUITABLE FOR VEGETARIANS | (VG) SUITABLE FOR VEGANS | (GF) GLUTEN FREE | (N) DISH CONTAINS NUTS OR TRACES OF NUTS | (GFO) GLUTEN FREE OPTION AVAILABLE

PLEASE NOTE ALTHOUGH WE OFFER GLUTEN FREE OPTIONS WE ARE NOT A GLUTEN FREE ESTABLISHMENT, WE CANNOT ENSURE THAT CROSS CONTAMINATION WILL NOT OCCUR.

WE MAY REQUIRE A PRE-ORDER FOR ALL GROUPS OR PARTIES OVER 15 PERSONS



The Britannia Inn
and Waves Restaurant