

## While you wait

Beer sourdough, balsamic vinegar, cold pressed rapeseed oil **4.5** (vg,v) (372.69 kcal)

Pitted olives **4.5** (vg,v,GF) (44.8 kcal)

## Starters

Roasted celeriac soup, sourdough, shallot crisps (vg, v) **6** (693 kcal)

Roasted squash hummus, chilli oil, toasted flat bread, sunflower seeds (v) **7** (570 kcal)

Smoked Mackerel Pate, cucumber ribbons, celeriac remoulade, seeded crisp bread **6.5** (219.37 kcal)

Crispy squid in spicy chorizo sauce with samphire **9** (156.53 kcal)

Harissa spiced chicken wings, chilli, and spring onion, smoked paprika mayo **6.5** (225 kcal)

Goats cheese panna cotta, candy beetroot, artichoke, beetroot gel **6** (359 kcal)

## Sharers

Charcuterie, chorizo, sliced salami, honey roasted ham, mature cheddar, olives and artichokes, sourdough bread **18** (465Kcal)

Somerset Baked garlic Camembert, caramelized red onion chutney, toasted beer sourdough **18** (724 kcal)

## Mains

The Spear Burger, Young's bitter onions, brioche bun, cheese, iceberg, pickles, ketchup, mayo, fries **16** (1196 kcal)

Vegan Pea Burger, brioche, applewood smoked vegan cheese, iceberg, pickles, ketchup, mayo, fries **16** (vg) (1003 kcal)

Young's ale battered haddock, triple cooked chips, tartare sauce, minted mushy peas **17.5** (1203 kcal)

10oz sirloin steak, roasted vine tomatoes, triple cooked chips, watercress, peppercorn sauce **37** (GF) (1390 kcal)

Calves' liver, pomme puree, purple sprouting broccoli, carrots, and bacon gravy **17** (503 kcal)

Sea-reared hake fillet, curly kale, purple sprouting broccoli, new potatoes, lemon caper butter **22** (GF)(550 kcal)

Pork, Leek & Apple sausages creamy celeriac mash, king cabbage, onion crisps, gravy **16** (1270 kcal)

Braised Cornfed chicken leg, rainbow chard and pancetta cassoulet, chervil pesto **17** (561kcal)

Braised Shin of Beef, mushroom and pea pie, new potatoes, curly kale and roasted carrots, gravy **19** (1112 kcal)

Fowey west mussels, white wine and chive sauce, crusty sourdough bread and fries **19** (777kcal)

Salt baked beetroot salad, pomegranate, Jerusalem artichokes, pickled walnut, shallots, rocket, blood orange dressing **15** (vg, v, GF)

(473kcal) add chicken **£2**

## Sides

Triple cooked chips, or Fries (vg) **4.5** (256kcal)

add **£3** truffle and parmesan

Chicory, Watercress & Orange Salad (vg,v,GF) **4.5** (62kcal)

Purple sprouting broccoli and roasted Almonds (vg,GF,v) **4.5** (234 kcal)

Creamy mash potato **4** (GF) (240kcal)

Mac Cheese, Bacon, crispy onion **6** (585kcal)

(v) Vegetarian, (vg) Vegan, (GF) Gluten Free