

HARBOUR LIGHT

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.*
- Slow Braised West Country Beef Brisket** horseradish mash, greens, carrots, Proper Job IPA onion gravy. £15.00 - *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.*
- West Country 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.*
- Mature Cheddar Cheese** Tribute ale chutney. (v) £7.50 - *Contains wheat. Non-gluten option.*

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 for more details.