



à la carte

Starters

Local Crab Fresh Egg Tagliatelle £6.95/£12.95 *Chilli, lemon, extra virgin olive oil*

Sweet Potato Gnocchi (v) £5.95/£10.95 *Fresh sage, nut brown butter, chestnut mushrooms*

Aged Balsamic Glazed Goat's Cheese, Rocket, Toasted Walnut & Truffle Pesto (v) (gf) £6.50/£12.50

Sides £3.25 each

Feta cheese, tomato & cucumber salad (gf)

Thick cut chips (gf)

Crisp onion rings (gf)

Garlic roasted new potatoes, garden rosemary (gf)

Bread board; Cornish butter, aged balsamic & extra virgin rapeseed oil, marinated olives (gfo)

Mains

From the Earth

Curried Lamb Shank (gfo) £16.95 *Red lentil & spinach dhal, almond naan bread & accompaniments*

Gloucester Beef Chilli (gf) £14.95 *Sour cream & chive, spring onion & cumin seed rice*

Duck Sausages, Confit Duck Leg Bubble & Squeak, Cornish Duck Egg, Brown Veal Sauce £15.95

Pan Roasted West Country Chicken Breast £14.95 *Truffle pasta, sautéed mushrooms, basil, lemon & tarragon pesto*

From the Sea

Pan Fried Cornish Monkfish (gfo) £20.95 *Chorizo sausage, mussel & chickpea cassoulet, crispy squid rings*

Whole Lobster Thermidore (gf) £48.50 (supplement £28.50) *Buttered new potatoes & seasonal salad*

Grilled Lobster (gf) Half £24.50 (supplement £7.50) Whole £45.00 (supplement £25) *Triple cooked chips, seasonal salad and either garlic or chilli butter*

Whole Scillonian Wok Fried Brown Crab (gf) £20.95 (supplement £2.00) *Chilli, ginger, spring onions & herbs*

All lobster and crab are caught in local waters by local fishermen and are therefore not always available due to weather conditions. To avoid disappointment, please order at least 24 hours in advance.





à la carte

From the 'Spirit' Grill

8oz Cornish Fillet Steak £26.95 (supplement £9.50)

8oz Gloucester Sirloin Steak £24.95 (supplement £7.50)

To accompany your steak, please choose from, triple cooked chips or garlic roasted new potatoes with garden rosemary, and either wild mushroom butter, Helford Blue cheese rarebit or peppercorn sauce. All gluten free.

'Spirit' Classics

'Spirit' Gloucester Beef Burger (gfo) £12.95 *Brioche roll with Parmesan mayonnaise, tomato chilli relish, onion rings, thick cut chips*

Tempura Battered Fish of The Day £12.25 *Thick cut chips, tartar sauce and fresh lemon*

Penne Carbonara (gfo) £10.95 *Fresh egg penne pasta in a smoked bacon & mushroom cream sauce with crème fraîche & fresh parsley, garlic bread and fresh parmesan*

Desserts

'Spirit' Peanut Butter Fudge & Chocolate Ice Cream Sundae (gf) £6.95 *Chantilly cream & crispy caramel*

Warm Chocolate Brownie £5.95 *Chocolate sauce & vanilla ice cream*

Fresh Fruit Salad (gf) £5.95 *Peach slush*

Selection of Homemade Ice Creams (gf) £5.95

Allergens

Please advise your server of any dietary requirements, including intolerances and allergies. Where possible, our staff will advise you on alternative dishes. However, while we do our best to reduce the risk of cross-contamination in our restaurant, we CANNOT guarantee that any of our dishes are free from allergens and therefore cannot accept any liability in this respect. Guests with severe allergies are advised to assess their own level of risk and consume dishes at their own risk.

(v) vegetarian • (gf) gluten free • (vo) vegetarian option available • (gfo) gluten free option available

