

# LUNCHTIME

served between noon and 2pm

## DESSERTS

£5.25 EACH

### STICKY TOFFEE PUDDING

served with either double cream, ice-cream or clotted cream

### LEMON POSSET

served with a sugared-almond shortbread biscuit

### ETON MESS

crushed meringue, summer berries, ice-cream and fruit compote

### TRIPLE CHOCOLATE BROWNIE

served with either double cream, ice-cream or clotted cream

### SALTED CARAMEL CHEESECAKE

served with either double cream, ice-cream or clotted cream  
or vegan vanilla ice-cream

### ICE-CREAM SUNDAE

vanilla, strawberry & chocolate ice-cream, with whipped cream and sauce

## CORNISH CREAM TEA

two scones, strawberry jam, cornish clotted cream and a pot of tea for one

TRADITIONAL	£5.95
GLUTEN FREE	£6.45

## SUNDAY LUNCH

served between noon and 4pm every Sunday

### TRADITIONAL SUNDAY ROAST

a choice of 3 meats, and a vegan option  
thyme roasted potatoes, 4 vegetables and cauliflower cheese, homemade Yorkshire pudding, stuffing and lashings of proper pan roasted gravy

LARGE £10.50

SMALL £8.75

CHILDS £5.95



homemade gluten free Yorkshire puddings  
available upon request

## LIGHT BITES

All homemade and cooked fresh to order

**CATCH OF THE DAY** £7.95  
cod fillet in our crispy beer batter, served with chunky skin on chips, homemade tartare sauce and a choice of garden or mushy peas.

**LASAGNE AL FORNO** £7.95  
chefs homemade beef lasagne, topped with three cheese and baked to order, served with garlic ciabatta bread and a dressed side salad.

**HAM, EGG & CHIPS** £7.50  
Cornish sliced ham, served with a fried free range egg and chunky skin on chips

**SPICY BEAN CHILLI** £7.25  
served with homemade giant tortilla chips, mango and pineapple salsa, and a choice of either chunky skin on chips or rice.

**SCAMPI** £7.95  
wholetail breaded scampi, served with chips, tartare sauce and a choice of garden or mushy peas

**BUTCHERS SAUSAGE** £7.95  
Cornish flavoured sausages, served with mashed potato, garden peas and pan roasted gravy

## SANDWICHES

Choose from white or malted bloomer bread, all of our sandwiches are served with vegetable crisps and salad.

**CHEDDAR & CHUTNEY** £6.50

**PRAWN & MARIE ROSE** £7.50

**HAM & PICALLILI** £7.25

**GARLIC MUSHROOM & BRIE** £6.95

**FISH FINGER & TARTARE** £7.50

## JACKET POTATOES

Served with butter, house slaw and salad

**CHEDDAR CHEESE** £8.50

**PRAWN & MARIE ROSE** £8.50

**BEANS** £8.50

**SPICY BEAN CHILLI** £8.50

## PLOUGHMANS

served with butter, warm bread, pickled onion, chutney, coleslaw & apple slices

**CHEDDAR** £8.95

**STILTON** £8.95

**HAND CARVED HAM** £8.95

**MIX OF ALL THREE** £10.95



## SMALL PLATES

Perfect as a starter, or for a 'tapas style' main pick any 3 for £15

<b>SOUTHERN FRIED CHICKEN STRIPS</b>	£6.00
BBQ sauce, mango & pineapple salsa	
<b>SALT &amp; PEPPER SQUID</b>	£6.50
sweet chilli sauce, rocket salad	
<b>NACHOS</b> 	£7.00
topped with bean chilli, guacamole & mango and pineapple salsa	
<b>CHILLI &amp; GARLIC PRAWNS</b> 	£7.50
pan fried king prawns, rocket salad	
<b>GARLIC MUSHROOMS</b> 	£5.95
white wine and cream sauce, toasted ciabatta	
<b>FALAFEL BITES</b>  	£5.95
homemade red pepper hummus & toasted flatbread	
<b>SMOKED HADDOCK &amp; CHEDDAR FISHCAKE</b>	£6.95
homemade bitesize fishcake, served with tartare sauce	

## CHILDRENS

designed for children aged 12 and under  
£5.95, INCLUDES A DESSERT!

STEP ONE: CHOOSE YOUR MAIN

**CHICKEN CHUNKS**  
**SAUSAGES**  
**FISH GOUJONS**  
**FALAFEL BITES**

STEP TWO: PICK ONE OF THE BELOW

**CHUNKY CHIPS**  
**SKINNY FRIES**  
**RICE**  
**MASH**

STEP THREE: PICK YOUR SIDE

**BAKED BEANS**  
**GARDEN PEAS**  
**MUSHY PEAS**  
**SALAD**

STEP FOUR: PICK YOUR DESSERT

**CHOCOLATE BROWNIE**  
**ICE-CREAM**  
**FRUIT SALAD**

## SIDE ORDERS

<b>BOWL OF CHIPS</b> 	£2.95
<b>BEER BATTERED ONION RINGS</b> 	£2.75
<b>GARLIC BREAD</b>	£2.95
<b>CHEESY GARLIC BREAD</b>	£3.50
<b>HOUSE SLAW</b> 	£2.50
<b>CHIP SHOP STYLE CURRY SAUCE</b> 	£2.00

## MAIN MENU

### PUB CLASSICS

All homemade and cooked fresh to order

<b>CATCH OF THE DAY</b> 	£11.95
cod fillet in our crispy beer batter, served with chunky skin on chips, homemade tartare sauce and a choice of garden or mushy peas.	
<b>LASAGNE AL FORNO</b>	£10.95
chefs homemade beef lasagne, topped with three cheese and baked to order, served with garlic ciabatta bread and a dressed side salad.	
<b>HAM, EGG &amp; CHIPS</b> 	£9.95
Cornish sliced ham, served with two fried free range eggs and chunky skin on chips	
<b>SPICY BEAN CHILLI</b> 	£9.95
served with homemade giant tortilla chips, mango and pineapple salsa, and a choice of either chunky skin on chips or rice.	
<b>LONDON INN BURGER</b>	£12.95
6oz beef burger, topped with bacon, cheese, burger sauce and gherkins, served with skin on fries, house slaw and beer battered onion rings.	
<b>TRIO OF FISHCAKES</b>	£12.95
classic cod, cheddar and smoked haddock, and cod and king prawn, served with dressed side salad and sauces.	
<b>MEDITERRANEAN TART</b> 	£10.95
basil and maize pastry, filled with roasted vegetables on a sweet tomato base, topped with a basil and pumpkin seed crumb, served with fries and salad.	
<b>ITALIAN SALMON</b> 	£13.95
salmon fillet, served with crushed herby potatoes, seasonal vegetables and a lemon, cream and garlic sauce.	
<b>HUNTERS CHICKEN</b>	£11.25
chicken breast, topped with bacon, cheese and BBQ sauce, served with chunky skin on chips, dressed side salad and house slaw.	
<b>GREEN MASALA CURRY</b>  	£11.25
medium spiced, butternut squash and fine green beans, in a masala spiced curry, served with naan bread, mango chutney, and a choice of chips or rice.	

### ALLERGY GUIDELINES

If you suffer from any allergies, or intolerance's please ensure your server is made aware at the time of ordering. Sometimes our recipes can change so do not rely solely on the information printed on this menu.



**PRODUCT IS GLUTEN FREE**



**ITEM CAN BE MADE GLUTEN FREE UPON REQUEST**

Whilst every care has been taken in preparing our food, we cannot guarantee an allergen free environment and fish bones may be present in fish dishes.