

GLUTEN FREE MAIN MENU

SERVED: MONDAY – SATURDAY 12PM – 3PM & 5PM – 9PM / SUNDAY ROAST MENU 12PM – 8PM

SMALL PLATES

HAM & PARSLEY TERRINE £4.50

With pickled silver skin onions and gluten free toast

BBQ CHICKEN WINGS £4.25

Served with lime sour cream

SALT & PEPPER ATLANTIC SQUID £4.50

Dusted in cornflour served with sweet chilli sauce

GOATS CHEESE MOUSSE (V) £4.25

Served with pickled shallots, candied walnuts and gluten free toast

CORNISH CRAB ON GLUTEN FREE TOAST £6.50

Served on toasted ciabatta, mixed leaves and lemon

SANDWICHES served on gluten free bread

OLD SPOT CLUB £7.50

Hot smoked chicken, smoked bacon, smashed avocado, spiced mayonnaise and baby gem

TOMATO, MOZZARELLA & PESTO (V) £6.95

Buffalo mozzarella, tomato, pesto & baby gem

CORNISH CRAB & AVOCADO £8.50

Crab mayonnaise, chunky avocado, pickled cucumber and baby gem

ADD SKIN ON FRIES £1.00 / SWEET POTATO FRIES £2.00

SALADS

CAESAR SALAD £7.50

Baby gem, boiled egg, parmesan and caesar dressing

Add chicken and bacon for £2.00

ASPARAGUS, PEA, MINT & FETA (V) £7.95

Warm asparagus, peas, mint and feta on a bed of mixed leaves

GOATS CHEESE, APPLE & WALNUT (V) £7.50

Goats cheese mousse, apple batons, walnuts and pickled shallots on a bed of mixed leaves

SMOKED CHICKEN, BACON, AVOCADO & MANGO £9.25

Smoked chicken, bacon, avocado and mango on a bed of mixed leaves with a wholegrain mustard vinaigrette

TO SHARE

OLD SPOT VEGGIE BOARD (V) £11.95

Dolmades, Stuffed chilli peppers, Goats cheese mousse served with gluten free toast, candied walnuts and pickled shallots

OLD SPOT FISH BOARD £13.95

Mini seafood chowder, salt & pepper squid, Cornish crab mayonnaise with gluten free toast, sweet chilli sauce and gribiche sauce

NACHOS (V) £6.95




Tortilla chips piled high with melted cheddar and mozzarella with sour cream, guacamole, sweet tomato salsa and jalapenos

Add chicken/chorizo for £2.35

(V) = VEGETARIAN
NB: WE CANNOT GUARANTEE THE
ABSENCE OF NUTS IN OUR DISHES



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There will be an optional 10% service charge added to all parties of 10 or more

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PUB CLASSICS

HAM, EGG & CHIPS _____ £10.50

Honey roast ham, two fried eggs, skin on fries and dressed mixed leaves

GRILLED FLAT IRON STEAK _____ £16.95

8oz 28 day aged flat iron steak, grilled flat field mushroom, skin on fries, mixed leaves and Montpelier butter

SEAFOOD & SUMMER VEGETABLE CHOWDER _____ £12.95

Smoked haddock, cod and salmon with smoked bacon in a light creamy summer vegetable broth

MAINS

PORK BELLY _____ £12.95

Pork belly served with kohlrabi & apple slaw, bok choy, sesame seeds and a sweet & sticky pork sauce

PAN FRIED SEA TROUT _____ £12.95

Pan fried sea trout served with warm potato salad, pickled shallots and a summer pea puree.

SIDES

SKIN ON FRIES (V) _____ £2.75

SEASONAL COLESLAW (V) _____ £1.95

GREEN SALAD (V) _____ £2.50

SWEET POTATO FRIES (V) with Cajun mayo _____ £3.50

BURGERS all served with skin on fries or sweet potato fries for £1.00

THE OLD SPOT CHEESEBURGER _____ £10.25

Homemade beef burger in a toasted gluten free bun with cheese, red onion marmalade, Old Spot burger sauce, tomato, gherkins and baby gem. Served with a side of seasonal coleslaw

SPICED LAMB BURGER _____ £10.25

North African spiced lamb burger in a toasted gluten free bun served with apricot & mint relish, cucumber tzatziki, tomato and baby gem. Served with a side of seasonal coleslaw

PIRI PIRI CHICKEN BURGER _____ £9.95

Piri piri marinated chicken burger in a toasted gluten free bun with lime sour cream, smashed avocado, tomato and coriander. Served with a side of seasonal coleslaw

BEEF UP YOUR BURGER




Avocado	£1.50	Smoked cheddar	£1.50
Bacon	£1.00	Jalapenos	£0.80
Fried egg	£0.80	Garlic mushroom	£1.50

*A note on our chips – please be aware that our skin on fries and sweet potato fries do not contain gluten HOWEVER we do fry them in the same oil as we fry other flour coated products such as onion rings. They are fried at very high temperature and will never be fried at the same time as other flour products. If you have an intolerance to gluten our chips should be fine for you to consume, however if you are a coeliac we do not recommend them. We are happy to substitute fries for a green salad at any time

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