

LANIVET INN LUNCH MENU



SHARING AND GRAZING

5.50 EACH OR 3 FOR 14

CRISPY BBQ BELLY PORK BITES (GF)

WITH CHILLI & SPRING ONION

HOT AND SPICY CHICKEN WINGS

WITH FRESH LIME

BATTERED ENOKI MUSHROOMS (V)

WITH ROASTED GARLIC AND PARSLEY MAYONNAISE.

FRIED HALLOUMI BITES (V)

COATED WITH SESAME SEEDS + HONEY + OREGANO.

NEW CAPRESE SALAD (V)

CHERRY TOMATOES, BUFFALO MOZZARELLA, BASIL AND BALSAMIC GLAZE.

PLANT BASED FISH FINGERS (VG)

WITH TARTARE SAUCE AND LEMON.

NEW TEMPURA VEGETABLES (VG)

WITH SWEET CHILLI DIP

MINI CHORIZO BITES (GF)

SPICY SPANISH SAUSAGE.

NEW DEEP FRIED BLANCHBAIT

WITH HOMEMADE TARTARE DIP

SALT & PEPPER SQUID

WITH SWEET CHILLI SAUCE

STARTERS

CHEFS HOMEMADE SOUP (GFO)

WITH WARM CIABATTA 5.75

FRESH LOCAL MUSSELS

COOKED IN A CIDER, CHORIZO AND CREAM SAUCE. WITH CIABATTA. 9.50

BAKED CAMEMBERT (V)

BAKED IN BREAD WITH ROSEMARY + SEA SALT + FIG RELISH (20 MINUTES COOK TIME) 8.95

SMOKED MACKEREL AND BACON CAESAR SALAD

COS LETTUCE, CROUTONS, CAESAR DRESSING AND PARMESAN SHAVINGS 7.50

FROM THE GRILL

ALL OF OUR MEAT IS SOURCED FROM BUTTON MEATS (BODMIN) JACKET POTATOES ALSO AVAILABLE

NEW 6OZ FILLET STEAK WITH CHIMICHURRI 24.95

BUBBLE N SQUEAK, TENDERSTEM AND VINE CHERRY TOMATOES.
• ADD CORN ON THE COB

PRIME 8OZ RUMP STEAK (GFO)

WITH CHIPS + TOMATO + PEAS + MUSHROOM. 18.50
• ADD CHEESE RINGS OR ONION RINGS FOR 1.50

GAMMON STEAK (GFO)

WITH CHIPS + TOMATO + PEAS + MUSHROOM + EGG OR PINEAPPLE SMALL 11.50 | LARGE 13.95
• ADD CHEESE RINGS OR ONION RINGS FOR 1.50

STEAK SAUCE

PEPPERCORN; BLUE CHEESE; CREAMY MUSHROOM 2.20

OUR FAMOUS MIXED GRILL (GFO)

RUMP STEAK + GAMMON + LAMB CHOP + PORK STEAK + SAUSAGE + EGG + BLACK PUDDING + PINEAPPLE + CHIPS + PEAS + TOMATO + MUSHROOM. 19.95
• ADD CHEESE RINGS OR ONION RINGS FOR 1.50 Add 2 HOT AND SPICY CHICKEN WINGS FOR 2.00

BURGERS

ALL SERVED WITH PRETZEL BUN + FRIES + HOMEMADE COLESLAW.

KATSU CHICKEN BURGER

SOUTHERN FRIED CHICKEN BURGER + JAPANESE STYLE CURRY MAYONNAISE + TOMATO + COS LETTUCE. 11.95
• ADD CHEESE OR BACON FOR 1.00

NEW CHICKEN BREAST AND SMASHED AVOCADO BURGER

COS LETTUCE, TOMATO AND RED ONION 11.95

OUR SIGNATURE BURGER

WITH OUR OWN BURGER SAUCE + TOMATO + COS LETTUCE + GHERKIN + CHEDDAR CHEESE 11.95
• ADD BACON FOR 1.00 Add Mac Cheese FOR 2.00
• ADD BEEF BRISKET FOR 2.50

NEW PULLED BBQ BEEF BRISKET BAP

HAND PULLED BRISKET IN BBQ SAUCE IN A BUN + COS LETTUCE + TOMATO 11.95

OUR FAMOUS MIGHTY BURGER

SOUTHERN FRIED CHICKEN OR BEEF BURGER + OUR OWN BURGER SAUCE + SAUSAGE + EGG + BACON + CHEDDAR CHEESE + TOMATO + COS LETTUCE. 13.95
• *WHY NOT MAKE IT A BEAST?* ADD AN EXTRA BURGER, SAUSAGE AND BACON FOR 2.95

UPGRADE YOUR BURGER!

ADD ONION RINGS OR CHEESE RINGS 1.50

SANDWICHES & CIABATTAS

YOUR CHOICE OF FILLING SERVED ON WHITE OR BROWN BREAD. WITH DRESSED SALAD. MAKE IT A CIABATTA INSTEAD FOR AN EXTRA 50P

BACON, LETTUCE & TOMATO SANDWICH

WITH MAYONNAISE 6.25
• SWAP TO A CIABATTA FOR 50P

TUNA, MAYO & CUCUMBER SANDWICH

6.25
• SWAP TO A CIABATTA FOR 50P

ADD CHIPS FOR 1.50

CHEDDAR CHEESE & COLESLAW SANDWICH (V)

5.75
• SWAP TO A CIABATTA FOR 50P

BATTERED FISH FINGER CIABATTA

WITH TARTARE SAUCE 6.95

HALLOUMI, SRIRACHA, LETTUCE & TOMATO CIABATTA (V)

6.95

PRAWN MARIE ROSE SANDWICH

6.50
• SWAP TO A CIABATTA FOR 50P

PHILLY CHEESE, PEPPERED STEAK CIABATTA

8.95

PUB FAVOURITES

HUNTERS CHICKEN (GF)

CHICKEN BREAST + BACON + CHEESE + BBQ SAUCE + CHIPS + SALAD. 12.95
• ADD COLESLAW OR CORN ON THE COB FOR 1.50

SCAMPI & CHIPS

WITH HOMEMADE TARTARE SAUCE + GARDEN PEAS + SALAD GARNISH. SMALL 8.75 / LARGE 10.75

MAC 'N' CHEESE (VO)

MACARONI COOKED IN A CREAMY CHEESE SAUCE TOPPED WITH PARMESAN + SPRING ONION + BACON + BREADCRUMBS. 10.95
• ADD GARLIC CIABATTA FOR 1.50

HOMEMADE BEEF LASAGNE

HOMEMADE LASAGNE SERVED WITH SALAD 11.95
• ADD CHIPS OR GARLIC BREAD FOR 1.50

OUR OWN BEER BATTERED COD (GFO)

WITH CHIPS + HOMEMADE TARTARE SAUCE + GARDEN PEAS OR MUSHY PEAS + A SALAD GARNISH HALF SIZE 10.50 | LARGE 12.95
• ADD BREAD AND BUTTER FOR 1.50 Add CURRY SAUCE FOR 1.50

HAM EGG & CHIPS (GF)

HONEY ROAST GAMMON HAM + CHUNKY CHIPS + EGG. SMALL 6.50 / LARGE 9.50

CHEFS FAVOURITES

NEW POKE BOWL, CHOOSE FROM CAJUN CHICKEN, PEPPERED STEAK, SWEET CHILLI TOFU OR TERIYAKI TUNA
 CARROT RIBBONS, PICKLED RED CABBAGE, GUACAMOLE, CHARRED PAK CHOI AND EDAMAME BEANS. SERVED WITH RICE SOY SAUCE AND TERIYAKI SAUCE. 12.95

HOMEMADE LUXURY FISH PIE
 COD + HADDOCK + SALMON. COOKED IN A WHITE WINE + PARSLEY CREAM SAUCE. TOPPED WITH CHEESY MASH POTATO. SERVED WITH GREEN BEANS + PEAS + TENDERSTEM. 15.95
 • ADD CIABATTA FOR 1.50

FRESH LOCAL MUSSELS (GFO)
 COOKED IN A CIDER, CHORIZO AND CREAM SAUCE WITH BAKED CIABATTA. 14.95
 • ADD CHIPS FOR 1.50

NEW CHICKEN RAMEN
 SPICED CHICKEN BROTH, WITH EGG NOODLES, SESAME CHICKEN STRIPS AND CHARRED PAK CHOI 11.95
 • ADD GARLIC CIABATTA FOR 1.50

NEW PULLED BEEF BRISKET RAGU
 PULLED BEEF BRISKET COOKED IN A RICH TOMATO SAUCE WITH PAPPARDELLE PASTA AND PARMESAN. 12.95
 • ADD GARLIC CIABATTA 1.50

NEW WARM TUNA NICOISE SALAD
 WITH SAUTÉ POTATOES, GREEN BEANS, CHERRY TOMATOES, OLIVES AND A SOFT POACHED EGG. 13.95

NEW HOMEMADE BEEF RENDANG CURRY (GFO)
 MALAYSIAN CURRY - MEDIUM SPICED PACKED WITH MOUTH WATERING AROMAS FROM COCONUT, LEMONGRASS + GINGER. WITH A CHILLI + SPRING ONION GARNISH. SERVED WITH RICE AND CHARRED PAK CHOI. 12.95
 • ADD POPPADOM AND NAAN BREAD 2.50

JACKET POTATOES

—•• YOUR CHOICE OF FILLING SERVED ON A BUTTERED JACKET POTATO WITH SALAD GARNISH ••—

MEXICAN BEANS (VG)(GF) 7.50

CHEDDAR CHEESE & BEANS (V)(GF) 7.50

VEGAN MEXICAN BEANS (VG) (GF)
 MIXED BEANS, COOKED IN A MILDLY SPICED TOMATO SAUCE. SERVED WITH FLAT BREAD + CHIPS OR RICE + SALAD. 11.25
 • ADD CORN ON THE COB FOR £1.50

NEW BBQ PULLED BRISKET (GF) 8.95

TUNA MAYONNAISE (GF) 7.75

VEGETARIAN / VEGAN

HOMEMADE VEGAN CURRY (VG)(GF)
 CHICKPEA + SWEET POTATO + SPINACH COOKED IN A MEDIUM SPICED SAUCE + RICE. 11.95
 • ADD POPPADOM FOR 50P

PRAWN MARIE ROSE (GF) 8.75

HOMEMADE VEGETABLE LASAGNE (V)
 MEDLEY OF ROASTED VEGETABLES IN A TOMATO + BASIL SAUCE. LAYERED WITH PASTA + CREAMY CHEESE SAUCE. SERVED WITH DRESSED SALAD. 12.95
 • ADD CHIPS, GARLIC BREAD OR COLESLAW FOR 1.50

LOADED CHIPS & NACHOS

—•• CHOOSE EITHER CHIPS (GF) OR NACHOS 8.95 ••—

NEW BEEF BRISKET RAGU
 PULLED BEEF BRISKET IN A RICH TOMATO SAUCE AND MELTED CHEESE

CHUNKY CHIPS OR FRIES (GF) 3.70

STANDARD NACHOS
 WITH CHEESE + SALSA + JALAPENOS + GUACAMOLE + SOUR CREAM 6.00

ONION RINGS (GFO) 3.40

CURRY SAUCE 1.75

NEW BBQ PULLED BEEF BRISKET (GF)
 WITH SPRING ONIONS + JALAPENOS + CHEESE + CHILLI

SIDES

CHIPS + CAJUN SPICE + CHEESE + BACON. 4.70

GARLIC BREAD 3.85

CHEESE RINGS 3.60

MAC 'N' CHEESE WITH BACON (VO) 3.70

MEXICAN BEANS (GF) (V)
 MIXED BEANS COOKED IN A MILDLY SPICY TOMATO SAUCE + CHEESE

CHEESY CHIPS (GF) 4.50

CHEESY GARLIC BREAD 4.50

COLESLAW 2.00

DESSERTS

BISCOFF SUNDAE
 VANILLA ICE CREAM + BISCOFF BISCUIT + LOTUS BISCUIT FLAVOUR SAUCE + WHIPPED CREAM + WAFER. 6.50

NEW WHITE CHOCOLATE PANNACOTTA
 SERVED WITH FRESH SUMMER FRUITS AND COULIS. 6.50

NEW CHEFS HOMEMADE CHEESECAKE
 PLEASE ASK FOR TODAYS FLAVOUR 6.50

NEW LEMON PAVLOVA
 MERINGUE NEST, LEMON CURD, CANDIED PEEL AND CHANTILLY CREAM 6.50

NEW VEGAN COCONUT BRULEE (VG)
 COCONUT MILK BASED BRULEE, SERVED WITH CHOCOLATE BISCUITS 6.50

STRAWBERRY SUNDAE
 FRESH STRAWBERRIES + STRAWBERRY ICE CREAM + STRAWBERRY SAUCE + WHIPPED CREAM + WAFER. 6.50

NEW ROCKY ROAD SUNDAE
 CHOCOLATE ICE CREAM + CHOCOLATE PIECES + CHOCOLATE SAUCE + MARSHMALLOWS + MIXED NUTS + WHIPPED CREAM + WAFER. 6.50

HOMEMADE TRIPLE CHOCOLATE COOKIE DOUGH
 WARM COOKIE DOUGH WITH WHITE CHOCOLATE SAUCE. SERVED WITH VANILLA ICE CREAM. (PLEASE ALLOW 15 MINUTES COOKING TIME). 6.50

ALLERGEN INFORMATION

ALLERGEN INFORMATION AVAILABLE ON REQUEST. PLEASE LET A TEAM MEMBER KNOW ABOUT ANY INTOLERANCE TO SPECIFIC ALLERGENS AND WE WILL BE ABLE TO SAY WHICH DISHES ARE SAFE TO EAT. OUR CHEFS WILL DO THEIR BEST TO ACCOMMODATE YOUR REQUESTS. (GF) = GLUTEN FREE | (GFO) = GLUTEN FREE OPTION (V) = VEGETARIAN | (VO) = VEGETARIAN OPTION (VG) = VEGAN | (VGO) = VEGAN OPTION

PROUD TO SOURCE FRESH LOCAL PRODUCE

OUR MEAT
 BUTTON MEATS (BODMIN)

OUR DAIRY PRODUCTS
 MOUNT BAY DAIRY (PENZANCE)

OUR FRESH FISH
 FISH FOR THOUGHT (BODMIN) CELTIC FISH & GAME (ST.IVES)

GENERAL PRODUCE
 CHADDS (BUDE)

OUR FRESH FRUIT & VEGETABLES
 TOTAL PRODUCE (BODMIN)

ICE CREAM
 CALLESTICK DAIRY (TRURO)