

## WHILST I WAIT.....

(VGF) Mixed Olives £2.95

(V) Focaccia Bread, Oils & Pesto £3.50

## STARTER.....

### SHARING PLATES

(V) Whole Baked Camembert Infused with Garlic & Rosemary. Served with Ciabatta Bread & Chutney - £9.95

(VGF) Nachos - Tortilla Chips, Topped with Applewood Smoked Cheese, Jalapeno Peppers, Salsa Guacamole, & Sour Cream - £5.95

(GF) Add Homemade Chilli - £8.95

(GF) Add Pulled Organic Pork - £11.95

## STARTERS.....

### I'M NOT SHARING!

GLUTEN FREE BREAD AVAILABLE  
ON REQUEST FOR (GF) STARTERS

(GF) Chefs Soup served with Granary Bread & Butter - £4.95

Chefs Pate Served with Melba Toast & Chutney - £4.95

Breaded Whitebait with Lemon Mayonnaise - £4.95

(GF) Classic Prawn Cocktail with Granary Bread & Butter - £5.95

(VGF) Creamy Garlic Mushrooms with White Bread & Butter - £5.50

(V) Breaded Brie Wedges with Cranberry Sauce - £5.95

Filled Potato Skins with Sour Cream

(GF) Smoked Bacon & Cheddar - £5.95

(VGF) Cheese, Onion & Tomato - £5.50

(GF) Pulled Organic Pork & Applewood - £6.50

Coconut Breaded King Prawns with Sweet Chilli Sauce - £6.50

(V) Cheddar & Onion Chutney Garlic Slice - £3.95 AVAILABLE ON GLUTEN FREE ROLL IF REQUESTED

# MENU

*Pen Mill Hotel*

## PLEASE ORDER YOUR MEALS AT THE BAR

## HOMEMADE FAVOURITES.....

**JUST £9.95 EACH**

ALL MEATS AND PRODUCE ARE LOCALLY SOURCED

West Country Beef Lasagne Topped with Melted Cheese & Served with Dressed Salad & Garlic Bread

(GF) Smoke Stacked Chicken - Free Range Chicken Breast Topped with Smokey BBQ Sauce, Smoked Bacon & Melted Cheese, Served with Dressed Salad & Chips.

(GF) Traditional Cottage Pie Made with West Country Beef, Topped with Creamy Hand Mashed Potato & Melted Cheese, Served with Chef's Selection of Vegetables.

Butcher's Pork & Leek Sausages Resting on a Bed of Creamy Hand Mashed Potato with Onion Gravy. Topped with a Trio of Beer Battered Onion Rings.

(GF) Chilli-Con-Carne, Served with Long Grain Rice, Dressed Nachos with Salsa & Sour Cream

(V) Roasted Vegetable Lasagne Topped with Melted Cheese & Served with Dressed Salad & Garlic Bread

(GF) Organic Ham, Free Range Eggs & Chips. The Nation's Number One Pub Meal

## CAN'T DECIDE? WE COULD RECOMMEND.....

Spicy Chicken Enchiladas - Soft Tortilla Wrap Filled with Spicy Chicken Breast, Onions, & Peppers, Topped with Salsa, Cheese & Crunchy Nachos. Served Simply with Seasoned French Fries & Dressed Leaves - £10.50

Deep Filled Pie of the Day, Served with Either Chips or Creamy Hand Mashed Potato & Garden Peas - £10.50 (Please See Our Daily Specials Board for Today's Choices)

(V) Mushroom & Walnut Hotpot Pie - Braised Mushrooms & Onions in a Pastry Case Topped with Sliced Potato & Chopped Walnuts. Served with Buttered New Potatoes Chefs Choice of Vegetables - £10.95

(GF) Pancetta Wrapped Chicken, Stuffed with Mozzarella & Sunblushed Tomatoes Sat on a Tomato & Red Pepper Sauce. Served with Dauphinoise Potatoes & Vegetables - £11.95

(V) Butternut Squash, Spinach & Stilton Risotto. Served with Warm Focaccia Bread - £10.50

## FROM THE CHARGRILL.....

8oz Sirloin - £13.95      8oz Ribeye - £14.50  
10oz Rump - £13.95      20oz Rump - £19.95

ALL STEAKS WILL BE GLUTEN FREE WITHOUT ONION RINGS ON REQUEST

### Why Not Add?

**Steak Sauce** - Peppercorn, Dianne, Stilton, or Béarnaise - £2.50  
**½ Dozen Wholetail Scampi** -£4.00 or **(GF) ½ Rack Pork Loin Ribs** - £6.00

**All Served with Chips, Trio of Onion Rings, Flat Field Mushroom,  
Vine Tomato & Parsley Butter**

All of the above Steaks are from Local West Country Farms & are Hung for at Least 21 days. Supplied by our Local, Family Run Butcher. We would Recommend having your Steak Cooked Medium Rare to Ensure the Best Possible Taste. Weights are Uncooked. Well Done Steaks will Reduce in Size Dramatically & May Lose Their Tenderness

## OTHER MEATY TREATS.....

**BBQ Rack of Ribs** - Succulent Pork Loin Ribs in Rich, Sticky, Smokey Bourbon Sauce. Served with Corn on the Cob, Trio of Onion Rings & French Fries - £12.50  
**GLUTEN FREE WITHOUT ONION RINGS ON REQUEST**

**10oz Gammon Steak** - Sourced from Local West Country Farms. Served with Chips, Trio of Onion Rings, Pineapple, Free Range Egg & Peas - £12.95  
**GLUTEN FREE WITHOUT ONION RINGS ON REQUEST**

## FROM THE SEA.....

**Fish & Chips** - Crispy, Hand Beer Battered, Chips, Mushy Peas & Tartar Sauce - £10.95

**(GF) Salmon Fillet** - Topped with Brown shrimp & Caper Butter sauce. Served with New Potatoes & Chefs Vegetables - £11.95

**Dozen Wholetail Premium Scampi** - Served with Chips, Garden Peas & Tartar Sauce -£10.95

**Chefs Choice of Fishcakes** - Served with a Basket of Sweet Potato Fries, Salad & Hollandaise Sauce - £10.95

## SUPERB SALADS.....

**Fishcake Salad** - Dressed Mixed Leaves, Cucumber, Cherry Tomatoes, Peppers, Celery, Onions, Crunchy Croutons, Crunchy Fried Onion Pieces & French dressing - £9.95

**Chicken & Bacon Salad** - Dressed Mixed Leaves, Cucumber, Cherry Tomatoes, Peppers, Celery, Onions, Crunchy Croutons, Crunchy Fried Onion Pieces & French Dressing - £9.95 **GLUTEN FREE WITHOUT CROUTONS & FRIED ONION PIECES ON REQUEST**

**Classic Caesar** - Cos Lettuce, Crunchy Croutons, Anchovies, Parmesan Shavings - £7.95,

With Free Range Chicken Breast - £9.95 **GLUTEN FREE WITHOUT CROUTONS ON REQUEST**

**(V) Pan Fried Halloumi** -Dressed Leaves, Cherry Tomatoes, Warm New Potatoes & Sugar Snap Peas - £9.95 **GLUTEN FREE WITHOUT CROUTONS ON REQUEST**

## BURGER MENU.....

Delicious Burgers to Suit All Tastes. All are served on a Toasted Gourmet Bun with Lettuce, Tomato & Pickled Gherkin with a Basket of Seasoned Fries - £9.95

**GLUTEN FREE ROLL AVAILABLE ON REQUEST**

**(GF) Black & Blue**

1/4lb Aberdeen Angus Topped with Melted Stilton & Red Onion Chutney

**(GF) Smokey Mill**

1/4lb Aberdeen Angus Topped with Smoked Applewood Cheese & Sticky Bourbon Sauce

**(V) Falafel**

A Delightful Falafel & Spinach Burger Topped with Halloumi Cheese & Tomato Relish

**Ocean Catch**

Crab & Lobster Burger with Sweet Chilli Sauce

**Southern Fried**

Crispy Coated Chicken Breast, with Applewood Cheese. Served Simply with Mayonnaise

**DOUBLE UP FOR £2.95**

**OR**

**WHY NOT ADD.....**

**Trio Onion Rings £0.95**

**2 Slices Bacon £0.95**

**Add Cheese £0.95**

**BBQ Pulled Pork £2.95**

## TEMPTING SIDES....

**Dozen Beer Battered**

**Onion Rings £3.95**

**Chips £2.50**

**Cheesy Chips £3.50**

**Garlic Loaf £4.50**

**Homemade Coleslaw £1.95**

**Side Salad or Veg £2.95**

**Thick Cut Bread & Butter £1.50**

Please Note: Some of our Dishes May Contain Traces of Nuts. If You Have Any Allergies Please Ask. If Unsure.

All Weights Are Approximate & Before Cooking