



The Royal Castle Hotel

Menu with wheat and gluten information

Please let a team member know if you have any dietary requirements or allergies.*

STARTERS

- Soup of the Day** herb croutons, bread and butter. (v) £6.50 - *Contains wheat. Non-gluten option.*
- Fresh West Country Mussels** white wine and cream sauce, bloomer bread. £8.00 - *Contains wheat. Non-gluten option.*
- Braised West Country Pig Cheek** black pudding bon-bon, crushed turnip, pea purée. £8.00 - *Contains wheat.*
- Warm Pitta and Houmous** olives, cucumber, sun-blushed tomato. (vg) £6.50 - *Contains wheat.*
- Deep-Fried Cornish Camembert** chilli jam, crostini. £8.00 - *Contains wheat.*
- Potted Cornish Crab** toasted ciabatta, charred lemon. £9.00 - *Contains wheat. Non-gluten option.*

MAINS

- Atlantic Cod Deep-Fried in Tribute Ale Batter** chips, mushy peas, Cornish seaweed salt. £13.50
- *Contains wheat. Non-gluten option.*
- West Country Cheese Burger** 6oz burger, Monterey Jack cheese slice, pickled red onion, homemade burger mayo, lettuce, fries.
£13.00 - *Contains wheat. Non-gluten option.*
- Baked Ratatouille** Goats' cheese, sourdough. (v) £13.00 - *Contains wheat. Non-gluten option.*
- Vegan Goan Curry** spiced rice and hazelnuts. (vg) £14.00 - *Non-gluten ingredients.*
- Golden Wholetail Scampi** crushed peas, chips, tartare sauce. £13.00 - *Contains wheat.*
- Slow Braised West Country Beef Brisket** horseradish mash, greens, carrots, Proper Job IPA onion gravy. £15.00 - *Contains wheat.*
- Smoked Haddock and Mussel Chowder** poached egg, ciabatta. £13.00 - *Contains wheat.*
- Monkfish and Prawn Curry** spiced rice and hazelnuts. £16.00 - *Non-gluten ingredients.*
- 8oz Sirloin Steak** triple-cooked chips, roasted tomato, field mushroom. £19.00 - *Non-gluten ingredients.*

DESSERTS

- Sticky Toffee Pudding**
toffee sauce, clotted cream. (v) £6.00 - *Contains wheat.*
- Triple Chocolate Brownie** raspberry coulis,
Cornish clotted cream. £6.00 - *Non-gluten ingredients.*
- Winter Berry Mess** meringue shards, Chantilly cream,
winter fruits, chocolate sauce. £6.00 - *Non-gluten ingredients.*
- Trio of Ice Cream or Sorbet** vanilla or chocolate ice cream,
mango or strawberry sorbet. (v/vgo) £4.50 - *Non-gluten ingredients.*
- Cornish Sea Salt Chocolate Truffle Torte**
spiced ginger base, clotted cream, fruit coulis. £6.00
- *Contains wheat.*
- West Country Cheese Board** Cornish Camembert,
Local Blue and Mature Cheddar, Tribute ale chutney,
crackers and grapes. £9.00 - *Contains wheat.*

SANDWICHES AND WRAPS

- Available from 12-5pm. Served with salad garnish and crisps.
- Ham, Tomato and Onion Chutney** £7.00
- Mature Cheddar Cheese and Onion** (v) £6.00
- Hand-Picked Crab and Mayo** £12.00
- *All contain wheat. Non-gluten option.*

SIDES

- Chips** (vg) £3.50 - *Non-gluten ingredients.*
- Fries** (vg) £3.50 - *Non-gluten ingredients.*
- Garlic Bread** (vg) £3.00 - *Contains wheat.*
- Cheesy Chips** (v) £4.50 - *Non-gluten ingredients.*
- Side Salad** (vg) £3.50 - *Non-gluten ingredients.*
- Seasonal Vegetables** (vg) £4.00 - *Non-gluten ingredients.*
- Invisible Chips** - 0% Fat, 100% Hospitality £2.00**

(v) vegetarian / (vo) vegetarian option / (vg) vegan / (vgo) vegan option.
*Information about all other allergens is recorded and available upon request.
Please note we take steps to minimise the risk of cross-contamination when preparing your food, however we do not have specific allergen-free zones in our kitchens. If you would like further information on our preparation methods, please ask one of our team members.

This is a recyclable, single-use menu printed on 100% recycled paper.

**All proceeds raised from invisible chips sales will be donated to Hospitality Action, which is helping people in hospitality worst affected by the Covid crisis. Thanks for chipping in.

Visit hospitalityaction.org.uk for more details.