



The Royal Seven Stars 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.*
- Homemade Smoked Haddock & Cheddar Fishcake** pea purée. £7.00 - *Non-gluten ingredients.*
- Chicken Liver Parfait** caramelised onion chutney, toasted ciabatta. £7.00 - *Contains wheat. Non-gluten option.*
- 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.*
- Atlantic Prawn Cocktail** shredded lettuce, cucumber ribbons, seafood sauce, lemon, granary bread and butter. £8.00 - *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.*
- Spiced Chickpea and Crispy Kale Salad** roasted red onions, avocado, cherry tomatoes, toasted almonds. (vg) £9.50 - *Non-gluten ingredients.*
- Spiced Mixed Beans and Sweet Potato Burger** paprika houmous, roasted peppers, pickles, fries, salad, relish. (vg) £12.00 - *Contains wheat.*
- Golden Wholetail Scampi** chips, garden peas, tartare sauce. £12.00 - *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.*
- 8oz Rump Steak** hand-cut chips, Portobello mushroom, peppercorn sauce. £17.50 - *Contains wheat.*

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.
- Mature Cheddar Cheese and Tribute Ale Chutney**
(v) £7.50
- Atlantic Prawns and Avocado** lemon mayonnaise. £9.50
- Chicken BLT** smoked back bacon, baby gem,
vine tomatoes and mayonnaise. £10.50
- *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.