

## Gluten Intolerance

Please be sure to specify your allergy at the time of ordering. This is of the utmost importance so that we can be sure to take extra care when preparing your food. It is paramount that you let us know if you are a sufferer of Coeliac Disease.

These meals come with a choice of either New Potatoes or our Hand cut chips as an alternative to the bread it is usually served with. Please specify your choice at the time of ordering and let a member of the team know that you are **Gluten Intolerant**. These meals are also available in Child size (except for Sirloin Steak)

**Blue's Seafood Platter** A tasty Medley of Cornish White Crab, King Prawns, Scallops and sustainable white fish. Served with our seasonal salad and your choice of Chips or New Potatoes *Market price*

**Scallops** Pan fried Local Scallops of the day (see Specials board for details). Served with our seasonal salad and New Potatoes or hand cut chips *Market price*

**Home baked Honey and Cider Roast Ham** (Hand Carved) with either fried or poached Egg, Hand cut chips or New Potatoes and our homemade pineapple chutney £11

**Chefs homemade Tikka Masala** (with a choice of free range Chicken breast, sustainable white Fish or Vegetables). Served with Minted rice. £12.50

**Local Cornish Sirloin Steak** (approx. 8oz). Served with a mixed leaf salad, Tomato, Mushrooms and either new potatoes or hand cut chips (No onion rings) £15.50

**Home baked Honey roast Ham or trio of Cheese (cheddar, Brie and Blue cheese) Ploughman's** served with mixed leaf salad, pickled onions, homemade Chutneys and New Potatoes or hand cut chips £10

**Gluten Free Fish and Chips** (Batter can be made with Gluten Free flour) Goujons of sustainable white fish, Hand cut chips, Minted mushy peas and homemade Tartare £11.50 (*unsuitable for Coeliac*)

*We also have a daily Specials board. Please check to see if there are any choices that are suitable for you. Please note that some of our 'Special dishes' can be tweaked to meet dietary requirements. Please see a member of the kitchen staff to discuss whether this is possible today.*

## Coeliac Disease

These meals come with New Potatoes as an alternative to the bread it is usually served with. Unfortunately, we cannot offer you the option of Chips as we cannot guarantee that our Fryers are free from contact with Flour Products.

*It is paramount that you let a member of staff know that you are a Coeliac at the time of ordering your food so that our chefs know to take extra care when preparing your meal. These meals are also available in Child size (except for the Sirloin Steak)*

### **Blue's Seafood Platter**

A tasty Medley of Cornish White Crab, King Prawns, Scallops and Sustainable white fish. Served with our seasonal Salad and New Potatoes Market price

### **Locally caught Scallops**

Pan fried Local Scallops of the day (see Specials board for details). Served with our seasonal salad and New Potatoes Market price

### **Home baked Honey Roast Ham and Egg**

(Hand Carved) with either fried or poached Egg, New Potatoes and our homemade Pineapple Chutney £11

### **Chefs homemade Tikka Masala**

(with a choice of free range Chicken breast, sustainable white Fish or Vegetables). Served with Minted Rice £12.50

### **Local Cornish Sirloin Steak**

(approx. 8oz). Served with a mixed leaf salad, Tomato, Mushrooms and New potatoes (No onion rings) £15.50

### **Home roasted Honey and cider Ham or trio of Cheese (cheddar, Brie and Blue cheese) Ploughman's**

Served with mixed leaf salad, pickled onions, homemade chutneys and New Potatoes £10

### **Cornish Handpicked White Crab**

Served on a bed of our seasonal salad with a side of Cornish New Potatoes Market price

*We also have a daily Specials board. Please check to see if there are any choices that are suitable for you. Please note that some of our 'Special dishes' can be tweaked to meet dietary requirements. Please see a member of the kitchen staff to discuss whether this is possible today.*

## Shellfish Allergy

Please be sure to specify your allergy at the time of ordering. This is of the upmost importance so that we can be sure to take extra care when preparing your food. These meals are also available in Child size (except for the Sirloin Steak and Beef and Ale Pie) Children with a Shellfish Allergy can also choose dishes from our regular Childrens menu.

### **Home baked Honey and Cider Roast Ham**

(Hand Carved) with either fried or poached Egg, Homemade Pineapple Chutney and New Potatoes or hand cut chips £11

### **Chefs homemade Tikka Masala**

(with a choice of free range Chicken breast, sustainable white Fish or Vegetables). Served with Minted Rice and Naan bread. £12.50

### **Local Cornish Sirloin Steak**

(approx. 8oz). Served with a mixed leaf salad, Onion rings, Tomato, Mushrooms and New potatoes or hand cut chips £15.50

### **Home roasted Honey and cider Ham or trio of Cheese (cheddar, Brie and Blue cheese) Ploughman's**

served with mixed leaf salad, pickled onions, homemade chutneys and Ciabatta bread £10

### **Blue Peter Fish and Chips**

Goujons of sustainable white fish, Hand cut chips, Minted mushy peas and homemade Tartare £11.50

**Blue's Special Pie of the Day** Individually handcrafted pie with a delicious filling and shortcrust pastry top and bottom (ask a crew member for today's choice). Served with our hand cut chips or New potatoes, Roasted Vegetables and Red wine Gravy £12

### **Portabello Mushroom and Roasted red pepper topped with Monteray Jack cheese**

Served on Ciabatta with hand cut chips or new potatoes and mixed leaf Salad £10

### **Blue's Homemade Spicy Bean cakes of the Day**

served with our seasonal salad, Handcut chips or new potatoes and a side of sweet chilli dipping sauce £11

**(Ciabattas and wraps except for Crab and Prawn (please see our regular menu for filling choices and price)**

***We also have a daily Specials board. Please check to see if there are any choices that are suitable for you. Please note that some of our 'Special dishes' can be tweaked to meet dietary requirements. Please see a member of the kitchen staff to discuss whether this is possible today.***

## Nut Allergy

Please be sure to specify your allergy at the time of ordering. This is of the upmost importance so that we can be sure to take extra care when preparing your food.

These meals are also available in Child size (except for the Sirloin Steak and Pie of the Day) Children with a Nut Allergy can also choose dishes from our regular Childrens menu.

### **Blue's Seafood Platter**

A tasty Medley of Cornish White Crab, King Prawns, Scallops and Sustainable white fish. Served with our seasonal salad and your choice of Chips or New Potatoes (Market price)

### **Locally Caught Scallops**

Pan fried Local Scallops of the day (see Specials board for details). Served with our seasonal and New Potatoes or hand cut chips (*Market price*)

### **Blue Peter Fish and Chips**

Goujons of sustainable white fish, Hand cut chips, Minted mushy peas and homemade Tartare £11.50

### **Home roasted Honey and Cider Ham**

(Hand Carved) with either fried or poached Egg, our hand cut chips or New Potatoes and our homemade pineapple chutney £11

### **Local Cornish Sirloin Steak**

(approx. 8oz). Served with a mixed leaf salad, Onion rings, Tomato, Mushrooms and New potatoes or hand cut chips £15.50

### **Blue's Special Pie of the Day**

Individually handcrafted pie with a delicious filling and shortcrust pastry top and bottom (ask a crew member for today's choice). Served with our hand cut chips or New potatoes, Roasted Roots and Red wine Gravy £12

### **Home baked Honey roast Ham or trio of Cheese (cheddar, Brie and Blue cheese) Ploughman's**

Served with our seasonal salad, pickled onions, homemade Tomato and Chili chutney and Crusty bread £10

### **Portabello Mushroom and Roasted Red pepper topped with Monteray Jack cheese**

Served on a ciabatta with hand cut chips or new potatoes and our seasonal salad £10

**Blue's Homemade Spicy Bean cakes of the Day** served with our seasonal salad, Handut chips or new potatoes and a side of sweet chilli dipping sauce £11

## Dairy Allergy

Please be sure to specify your allergy at the time of ordering. This is of the utmost importance so that we can be sure to take extra care when preparing your food. We will substitute Olive oil for butter in cooking methods where necessary. *These meals are also available in Child size (except for the Ribeye Steak. Children with a dairy allergy can also choose dishes from our regular Childrens menu with the exemption of cheese from the meals. Please state this when ordering.*

### **Blue Peter Fish and Chips**

Goujons of sustainable white fish, Hand cut chips, Minted mushy peas and homemade Tartare £11.50

### **Local Cornish Sirloin Steak**

(approx. 8oz). Served with a mixed leaf salad, Tomato, Mushrooms and New potatoes £15.50

### **Blue's Seafood Platter**

A tasty Medley of Cornish White Crab, King Prawns, Scallops and Sustainable white fish. Served with our seasonal salad and Ciabatta bread Market price

### **Locally caught Scallops**

Pan fried Local Scallops of the day (see Specials board for details). Served with our seasonal salad and Ciabatta bread Market price

### **Home roasted Honey and Cider Ham**

(Hand Carved) with either fried or poached Egg, Pineapple, and our hand cut chips or New Potatoes £11

### **Home roasted Honey and Cider Ham Ploughman's**

Served with mixed leaf salad, pickled onions, homemade Tomato and Chili chutney and Crusty bread £10

### **Portabello Mushroom and Roasted Red pepper and Monteray**

#### **Jack cheese**

Served on Ciabatta with hand cut chips or new potatoes and our seasonal salad £10

### **Cornish Handpicked White Crab Salad**

Served on a bed of our seasonal salad with a side of Cornish New Potatoes Market price

(Ciabattas and Wraps except for Brie (please see our regular menu for filling choices and price)

*We also have a daily Specials board. Please check to see if there are any choices that are suitable for you. Please note that some of our 'Special dishes' can be tweaked to meet dietary requirements. Please see a member of the kitchen staff to discuss whether this is possible t*

The following menu includes an Individual section to help you with meal choices for the following Food Allergies.

### **Gluten Intolerance**

### **Coeliac Disease**

### **Shellfish Allergy**

### **Nut Allergy**

### **Dairy Allergy**

**If you have an allergy which is not included in the above, please ask to speak with a member of our kitchen team who will happily assist you with ingredients advice and help you choose something suitable. We are more than happy to accommodate your needs (wherever possible).**

***It is of the upmost importance that you inform a member of our team about your allergy at the time of ordering, in order for us to take the necessary precautions when preparing your meal.***

Although most of our menu choices are prepared by ourselves on site, we do use products that are made in factory environments for the base of the meals we create. (Bouillons, tinned vegetables, Meat, fish, Vegetables etc.) Unfortunately, we cannot guarantee that they have not come into contact with allergen contaminants at their time of production, and cannot be held responsible for this issue.

Listed overleaf is a description of our Starters and the allergens that can be found in them. Please read carefully to ensure that these dishes are suitable for you, before ordering.



# Starters

## **Homemade Soup of the day**

Contains Dairy, Celery and Sulphites

## **Homemade Mediterranean Fish and Shellfish Soup**

Contains Gluten, Fish and Shellfish, Dairy, Celery and Sulphites.

## **Homemade Fishcake of the Day**

Contains Gluten, Fish and Shellfish and Dairy.

## **Homemade Chicken Liver Pate with Red onion Chutney**

Contains Gluten, Dairy and Sulphites

## **Blue Peter Crab Brushetta**

Contains Gluten, Dairy and Shellfish

## **Herby Dip and Crusty bread**

Contains Gluten

## **Crispy Fried Squid**

Contains Gluten and Mollusc

