

# The Lookout

• BAR AND EATERY •

## MENU

Gluten Free

### NIBBLES

Freshly Baked Gluten Free Bread with Olive Oil & Balsamic **6.95**

Chilli & Salt Cashews **4.95**

Garlic & Herb Olives **4.95**

### SHARING PLATES

Cured Meat Platter 🍴 (serves 2) **24.50**

*A selection of continental and Cornish cured meats with freshly baked gluten free bread, pickles, and olives.*

Seafood Platter 🍴 (serves 2) **60**

*Freshly dressed local crab, poached salmon and prawns in Marie Rose sauce, crispy squid, with salad, seasoned fries, and truffle mayonnaise.*

### SMALL PLATES

Crispy Squid **8.95**

*Hand cut crispy squid, dusted in paprika served with chilli and lime aioli.*

Crab Toast 🍴 **11.95**

*Cornish crab dressed in a lime and chilli mayonnaise on toasted gluten free bread with avocado, tomato, and leaves.*

Fried Buttermilk Chicken **8.95**

*Tender chicken breast marinated in buttermilk, served with sticky chilli jam and sour cream.*

Grilled Asparagus & Tenderstem Broccoli (VG) **7.50**

*With lemon and herbs, served on toasted gluten free bread.*

### MAINS

#### FROM THE SEA

Atlantic Beer Battered Fish & Chips 🍴 **18.95**

*Fish and chips, served with peas and tartare sauce.*

Seafood Pasta **19.95**

*Mussels, cod and king prawns in a rich tomato sauce served with gluten free pasta.*

Pan-Fried Sea Bass **19.95**

*Crispy skinned sea bass on a bed of baby potatoes, seasonal vegetables and a chilli and tomato sauce.*

#### FROM THE CHARGRILL

8oz Sirloin Steak 🍴 **23.95**

*British Red Tractor Sirloin steak with seasoned chips, grilled tomato and mushroom.*

The Lookout Bacon Cheeseburger 🍴 **16.95**

*Chargrilled beef burger topped with melted Davidstow mature cheddar cheese, crispy bacon, caramelised onions, crispy lettuce, beef tomato and burger sauce, served with seasoned fries. Served in a gluten free bun.*

### EXTRAS

Seasoned Fries **4.25** Side Salad **4.25**

Cornish Baby Potatoes with Sea Smoked Sea Salt 🍴 **3.95**

### SWEETS

Chocolate Brownie Sundae (V) **7.95**

*With chocolate ganache, ice cream and whipped cream.*

(V) = vegetarian (VG) = vegan 🍴 = Cornish produce

**All our food is prepared in the kitchen where nuts, gluten and other allergens are present, and our menu descriptions do not include all ingredients. If more information about allergens is required, please ask a member of the team.**



Red Tractor is an independent not-for-profit food and farm assurance scheme ensuring the food you choose is safe, traceable and farmed with care. By choosing food with the Red Tractor logo you can be sure that it has been produced in the UK to world-leading standards and is traceable back to farms. For more information, please go to [redtractor.org.uk](http://redtractor.org.uk).