

Trenython menu

Snacks

Marinated Olives	£6	Sourdough (vg)	£6
House Nuts	£6	Whipped herb butter	
Cauliflower wings (v)	£6	Beef Croquettes	£8
Buffalo sauce, spring onions		Blue cheese sauce	
Buttermilk chicken bites	£7	Cajun Wedges (vg)	£4
Ranch dip		Ranch dip	
Anchovies, garlic oil	£6		
Popcorn mussels	£7	Any 3 for £18	
Lime mayonnaise			

Sides

Triple cooked chips	£4
French fries	£4
Mixed leaf salad	£4
Cavallo nero	£4
Tenderstem broccoli	£4
New potatoes	£4

Small Plates

Soup of the day	£8.50	Cured meats	£12
Sourdough		House pickles, crusty bread	
Burrata (vg)	£12	Cured meats to share	£22
Basil oil, toasted seeds, pea shoots		Teriyaki marinated mackerel	£11
Fowey mussels	£13.50	Pickled radish, cucumber, wasabi aioli	
Cornish cider, sage cream, sourdough	£18 main		
Beef tartare	£14		
with confit egg yolk			

Pizza

Margherita (vg)	£14.50
Tomato sauce, mozzarella, fresh basil	
Da Kona	£19
Cornish sausage, cured meats, rocket, pesto, mozzarella	
Daphne (vg)	£15
Goats cheese, house pesto, rocket	

Mains

Seasonal vegetable risotto	£17.50	Cornish kale and walnut pesto pappardelle	£15
Rocket, parmesan (vg)		Tenderstem broccoli, flaked almonds (v) add chicken £2	
Beer battered line caught haddock	£19	West country sirloin steak	£35
Triple cooked chips, mushy peas, charred lemon		Vine roasted tomatoes, tarragon butter, rocket, parmesan, fries	
Tywardreath butchers burger	£21	Cornish rump of lamb	£28
Crisp lettuce, tomato, gherkin, bacon, burger sauce, cheese		Charred baby gem, pea fricassee, new potatoes	
Cornish crab pappardelle	£25	Pan fried Cornish hake	£27
Basil, chilli, lemon		Crushed new potatoes, spring greens, gremolata	
Cauliflower steak	£17.50		
Creamy polenta, gremolata (Vg)			

Salads/Flatbreads

Trenython buddha bowl (vg)	£14
Chickpeas, grains, roasted sweet potato, seeds feta, tahini dressing	
Chicken or smoked salmon caesar	£16
Cos lettuce, bacon, caesar dressing, croutons	
Greek salad (vg)	£12
Feta, red onion tomatoes, olives, cucumber	
Loaded vegetable flatbread (vg)	£15
Chickpeas, hummus, kale pesto charred tenderstem broccoli	
Beef Flatbread	£17
Slow cooked beef, hummus, mint yoghurt, rocket, pickled onion	

ALLERGENS

Every dish at Trenython is freshly prepared in a small kitchen that handles allergens. For this reason, we CANNOT GUARANTEE the absence of any allergens in any of our dishes. Customers with LIFE-THREATENING allergies and intolerances must take this significant risk into consideration before choosing to dine with us. If you have any additional enquiries, please speak to a manager.

	Celery	Cereals gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Snacks														
Olives														✓
House nuts										✓				✓
Cauliflower wings									✓					✓
Buttermilk chicken bites				✓										
Anchovies					✓									✓
Popcorn mussels				✓				✓						✓
Sourdough		✓					✓						✓	✓
Beef croquettes		✓		✓		✓	✓		✓					✓
Cajun wedges				✓										
Small Plates														
Burrata							✓							✓
Mussels		✓					✓	✓						✓
Beef tartare		✓		✓										✓
Cured meats	✓	✓												✓
Teriyaki mackerel				✓	✓								✓	✓
Mains														
Vegetable risotto	✓						✓							
Beer battered haddock		✓		✓	✓	✓			✓					✓
Burger		✓		✓		✓	✓		✓				✓	✓
Crab pappardelle	✓	✓	✓	✓	✓	✓	✓	✓					✓	✓
Cauliflower steak	✓						✓							✓
Kale pappardelle	✓	✓		✓		✓								✓
Sirloin steak		✓					✓							
Lamb rump							✓							
Cornish hake					✓		✓							✓
Pizza														
Margherita	✓	✓				✓	✓						✓	✓
Da Kona	✓	✓				✓	✓						✓	✓
Daphne	✓	✓				✓	✓						✓	✓
Trenython buddha bowl	✓									✓		✓		✓
Chicken Caesar	✓	✓		✓	✓	✓			✓					✓
Salmon Caesar	✓	✓		✓	✓	✓			✓					✓
Greek salad							✓							✓
Loaded vegetable flatbread	✓	✓				✓	✓			✓			✓	✓
Beef flatbread	✓	✓				✓	✓			✓		✓	✓	✓
Triple cooked chips		✓												
French fries		✓												
Cavallo nero							✓							
Tender stem broccoli							✓							
New potatoes							✓							