

THE MARKET

BUTCHERY FISHMONGER DELI

FRESH FRUIT & VEG

OPEN FROM 8AM - 8PM, EVERY DAY

From your everyday store cupboard essentials to the more artisan product or food lover's delight, we aim to provide it all under one roof...



THE FARM

FARM PARK ANIMALS

PICK YOUR OWN & ORCHARDS

OPEN FROM 10AM - 5PM, EVERY DAY



Join the Trevaskis community...

Earn 1 point for every £1 spent in the Restaurant and The Market



To sign up please visit www.trevaskisfarm.co.uk/the-market

SOFT DRINKS		Small	Large
Luscombe Elderflower Pressé 270ml	NEW	£4.15	
Luscombe Lemonade 270ml	NEW	£4.15	
Luscombe Ginger Beer 270ml	NEW	£4.15	
Trevaskis Apple Juice 250ml		£4.15	
Fruit Juice		£3.95	
Mineral Water – still or sparkling		£2.65	£5.25
Appletise		£4.15	
Frobishers Fusion		£4.15	
Apple & Mango, Apple & Raspberry or Orange & Passionfruit			
Pip Organic		£3.05	
Strawberry & Blackcurrant fruit juice, Pineapple & Mango smoothie			
Squash		£1.35	£2.55
Diet Pepsi / Pepsi Max / Lemonade		£2.95	£4.80

HOT DRINKS			
Tea per person / Fruit Tea / Green Tea		£2.95	
Cappuccino / Latte / Mocha		£3.95	
Hot Chocolate		£4.65	
Luxury Hot Chocolate		£5.65	
Espresso		£2.75	
Double Espresso		£3.65	
Americano		£3.75	
Flat White		£3.95	

DRAFT BEERS		Small	Large
Tribute Cornish Ale		£3.10	£6.15
Proper Job IPA		£3.20	£6.25
Korev Lager		£3.30	£6.35
Harbour Brewing Co. Arctic Sky Cold IPA	NEW	£3.40	£6.55

CIDER			
Westons Stowford Press		£3.05	£5.95
Westons Mixed Berry		£3.15	£6.20
Trevaskis Windfall Cider (500ml)			£6.05

BOTTLED BEERS			
Dynamite Valley Gold Rush Golden Ale 500ml	NEW	£6.25	
Dynamite Valley Powderworks Cornish Pilsner 500ml	NEW	£6.25	
Dynamite Valley TNT American Style IPA 500ml	NEW	£6.25	
Dynamite Valley Brian Special Bitter 500ml	NEW	£6.25	
Sharps Doombar Amber Ale 500ml		£6.25	
Guinness Original 330ml		£5.65	
Crabbie's Alcoholic Ginger Beer		£5.45	

ALCOHOL FREE			
Peroni Libera 0% alcohol		£4.45	
Rattler Cider 0% alcohol		£4.95	
Doombar Zero 0% alcohol	NEW	£6.25	

BOTANICALS	NEW		
Pentire Adrift / 50 ml		£7.35	
A botanical non-alcoholic spirit made from unique plants native to the North Cornwall coastline. Coastal, herbaceous, fresh. Served with Fevertree Tonic and ice.			

THE THREE SPIRIT RANGE			
Three Spirit Livener / 50 ml		£7.35	
ENERGISING. EXOTIC. FIERY. Kick-start the night with this exotic, fiery elixir powered by guayusa, Schisandra and energising plants. With vibrant berries, bright aromatics and heat for a lively, euphoric feeling. Contains natural caffeine. Served with Fevertree tonic, ice and grapefruit slice.			

Three Spirit Nightcap / 50 ml		£5.95	
CALMING. WOODY. MELLOW. Wind down with this smooth & indulgent slow-sipper. Lemon balm, valerian & hops entwine for a dreamy, mellow feeling. Served on ice.			

High Point Ruby / 50 ml		£7.35	
Dive nose-first into wild herbal aroma, then ready your tastebuds for the cool wave of zest and spice that rolls onto your palate, before kicking back with long-lasting bittersweet citrus flavours. Served with Fever-Tree Tonic.			

Tanqueray 0.0% / 50 ml		£7.35	
Four beautifully balanced botanicals, juniper led, delicate complexity. Served with Fever-Tree Tonic over ice.			

TREVASKIS FARM

Evening service from 5.45pm
Monday – Saturday

www.trevaskisfarm.co.uk

[f trevaskis.farm](https://www.facebook.com/trevaskis.farm) [@trevaskisfarm](https://www.instagram.com/trevaskisfarm)

SOMETHING TO START

Crispy panko halloumi fries (V)		£8.65
Sweet chilli mayo		
British Lop pork kromeski	NEW	£8.95
Charred pineapple, apple cider jus		
Rum caramel glazed British Lop pork rib		£9.45
Traditional meaty rib from our home reared, free range British Lop pork, smoked paprika dry rub, roasted in soy, spiced rum glaze, chilli		
Trevaskis prawn cocktail		£8.95
Atlantic prawns, crisp iceberg lettuce, our own Marie Rose sauce, croutons, lemon gel		
Spicy king prawns		£9.95
Paprika, chilli and garlic butter, toasted flatbread		
Tom Yum Mussels	NEW	£9.95
Hot sour broth, fresh coriander, spring onion, chilli, crunchy sesame toast		
Breaded mushrooms (V)		£8.65
In homemade breadcrumbs, garlic mayonnaise		
Honey glazed BBQ Westcountry chicken wings (GF,DF)		£9.50
Fresh green leaves		
Broccoli, cranberry and roasted almond salad (GF, DF, VG)	NEW	£8.65
Sunflower seeds, caramelised sweet potato		

SEASONAL SPECIALS

Have you seen our seasonal specials?
Created by our talented chef team using seasonal produce, our exceptional slow reared, hand cut meat and local catches fresh from our fishmonger.
Enjoy our journey through the seasons...

AMAZING VALUE FOR
3 COURSES

Or just choose individual options.

THE STEAK GRILL

Juicy South Devon breed grass fed, slow grown, hand cut steaks. All served with chargrilled tomato, mushrooms, chips.

Rump steak Prime 12oz rump	£25.90
Sirloin steak Prime 12oz sirloin	£28.55
Rib eye steak Prime 12oz rib eye	£29.95
Fillet steak Prime 8oz fillet	£32.95
Surf 'n' Turf Prime 12oz steak of the day, king prawns, garlic butter	£29.90
The Trevaskis mixed grill Free range British Lop pork loin, lamb cutlet, rump steak, gammon steak, fried egg, pineapple ring	£34.65

STEAK SAUCES + £2.95

Diane - Stilton and Port - Hot Pepper - Red Wine - Garlic

Grilled 12oz gammon steak Our own free range British Lop pork, pineapple ring	£22.45
Add fried egg / cheese / mushroom	£1.55 each

THE BURGER GRILL

Traditional Trevaskis favourites straight from the grill, all in a deliciously soft brioche bun with chips.

Pulled pork burger duo A great combo of our rare breed British Lop pork and chilli burger, topped with slow cook BBQ pulled pork, melted cheese, tomato, red onion, crisp leaves, coleslaw on the side	£18.95
8oz double burger Two 4oz hand crafted burgers from our grass fed beef, tomato, red onion, sliced pickle, crisp leaves, Baytree spicy tomato and caramelised red onion relish	£18.95
Lamb and rosemary double burger Two 4oz hand crafted lamb and rosemary burgers, tomato, onion, crisp leaves, minted yoghurt, feta	£18.95
Beyond Meat Burger (VG) (GF) Incredible, juicy, plant based burger, tomato, red onion, sliced pickle, Tracklements Sweet Mustard Sauce	£18.95
Southern fried chicken fillet burger Westcountry chicken fillet cooked in our crisp Kentucky style rub, crisp leaves, mayo	£18.95

All main courses are served with a selection of fresh seasonal vegetables. We grow over 100 different fruits, vegetables, salads and herbs for the Market and the Restaurant.

SIDES

Onion rings Large homemade onion rings in our crisp batter	£3.95
Coleslaw Our classic homemade coleslaw	£2.95
Chunky chips	£4.25
Sweet potato fries	£4.75
Garlic artisan bread Ciabatta bread, fresh garlic, butter, chives	£3.95
Cheesy garlic artisan bread Ciabatta bread, fresh garlic, butter, cheese, chives	£4.95
Trevaskis mixed green salad Fresh leaves, cherry tomatoes and more, house dressing	£4.95

THE STOVE

Roasted, fried or seared with the freshest of ingredients...

Weeping Tiger NEW Chargrilled sirloin steak, Asian salad, nam jim jaew dipping sauce, chilli, noodles, sesame	£28.55
Rum caramel glazed British Lop pork ribs Traditional meaty ribs from our home reared, free range British Lop pork, smoked paprika dry rub, roasted in soy, spiced rum glaze, chilli, chunky chips	£22.95
Slow roasted British Lop pork belly Creamy mashed Cornish potatoes, apple puree, maple carrots, sweet cider gravy	£22.95
Smoked South Devon Breed brisket Creamy mashed Cornish potatoes, salted green kale, red wine jus	£22.95
Lamb Rogan Josh NEW Pilau rice, flat bread, salsa, yoghurt	£21.45
Ballotine of roasted chicken breast Parma ham wrap, wild mushroom spinach mousse, light cream sauce, hint of tarragon, baby potatoes	£21.95
Fresh tagliatelle pasta (V) Roasted cherry tomatoes, spinach, white wine, and mascarpone	£17.95
Chicken tagliatelle pasta Roasted cherry tomatoes, spinach, white wine, and mascarpone	£18.95
Korean chicken Crispy coated strips of West Country chicken breast in classic sweet and sour style, coconut and lime rice, kimchi, sesame seeds	£20.95

Our pork is our own, outdoor reared, rare breed British Lop, native to Cornwall and bred for exceptional flavour and intramuscular fat to result in the very best pork you can find.

FREE FROM

Our range of 'free from' fusion food.

Roasted squash and almond lasagne NEW (VG) (GF) (DF) Fresh tomato, basil, toasted garlic bread, house salad	£18.95
Beyond Meat Burger (VG) (GF) Incredible, juicy, plant based burger, tomato, red onion, sliced pickle, Tracklements Sweet Mustard Sauce	£18.95
Katsu curry (V) (GF) Crispy tofu, coconut and lime rice	£19.95
Swap to chicken (GF)	
Moroccan lentil, nut and vegetable stew (V) (GF) Crusty artisan bread	£18.95
Asian vegetable sizzler (VG) (GF) (DF) NEW Broccoli, mushrooms, cashews, crisp vegetables, garlic, ginger, soy	£21.00

FROM THE WOK

All served with egg fried or steamed rice...

Sizzling duck Duck breast strips, chilli, pineapple, mange tout, beansprouts, sweet plum sauce	£25.65
Sizzling tamarind beef Fillet steak, sweet peppers, spring onions, garlic, red onion, Szechuan pepper, fresh herbs	£23.45
Sizzling chicken and cashew nut Strips of West Country chicken, crisp vegetables, cashew nuts	£22.55
Sizzling king prawns Crisp vegetables, orange Cointreau sauce	£24.65
Asian vegetable sizzler (VG) (GF) (DF) NEW Broccoli, mushrooms, cashews, crisp vegetables, garlic, ginger, soy	£21.00

FROM THE SEA

Our in-house fishmonger lands most of our fish fresh from Newlyn and other local ports...

Atlantic salmon fillet NEW Sustainably reared in crystal clear, lava filtered water. Oven seared, fresh pomegranate, bok choy, baby potatoes and eaten with a clear conscience!	£22.65
Crispy battered haddock Hand-cut chunky chips, garden peas, tartar sauce, wedge of lemon	£20.95
Home-made fishcakes Prime cuts of fresh fish, herbs, light seasoning, rolled in breadcrumbs, chicory, rocket, pinenut and pomegranate salad, citrus dressing	£19.65
Wholetail scampi Hand-cut chunky chips, tartar sauce, wedge of lemon	£20.45
Tom Yum Mussels NEW Hot sour broth, fresh coriander, spring onion, chilli, crunchy sesame toast	£18.95

FOOD ALLERGY OR INTOLERANCE?

Please note that although we take care in the preparation of your food to avoid contamination, all our food is prepared in an environment that contains allergens. Please notify the Manager on Duty of any allergy/intolerance issues before ordering your food so that we can discuss ingredients with you.

V - Vegetarian	VG - Vegan
GF - Prepared without gluten containing ingredients but in an environment that contains gluten	DF - Prepared without dairy containing ingredients but in an environment that contains dairy

Our native South Devon breed beef is slow-reared and naturally fed on grass, adding a fine marbling and a great flavour. Hung on the bone the traditional way for up to 35 days adding a sublime tenderness and a rich flavour that is unrivalled.

We serve free range & barn reared West Country chicken from farmers we know and trust to have the highest welfare standards.

Each cut of meat you will experience has been hand crafted by our highly skilled Butchers in our Farm Market, who train for years to perfect the art of hand cutting, a heritage and ethos we are justifiably proud to maintain.