

MILL ON THE EXE

day menu

from twelve

nibbles

PADRON PEPPERS Cornish sea salt. vg v 5.25

WARM ITALIAN FLATBREAD & OLIVES Cold pressed Devon rapeseed oil, balsamic vinegar. vg v 8.75

TERIYAKI TOFU BITES Breaded tofu, Asian slaw and teriyaki sauce vg v 8

GUACAMOLE & NACHOS Watercress vg v 5.25

CHORIZO BITES Oven-roasted and served warm. 6.25

DUCK GYOZA Sweet chilli sauce and coriander 5.75

to start

SALT & PEPPER SQUID Sweet chilli, lime & coriander mayo, and lemon. 9

SEASONAL SOUP Warm bread and Trewithen Dairy Cornish butter v 8

ROSE HARISSA HUMMUS Crispy chickpeas, ras el hanout, pistachio crumb, lemon zest, olive oil, and a warm pitta. vg v 7.25

SMOKED MACKEREL & HORSERADISH RILLETTÉ With pickled cucumber, sourdough toasts, and lemon. 9

PANKO BELLY PORK Apple & celeriac rémoulade and sweet chilli & chorizo jam 9.25

to share

ITALIAN PROSCIUTTO & MOZZARELLA FLATBREAD Basil pesto, rocket, sundried tomatoes and sweet drop peppers. 19

CLASSIC NACHOS Tortilla chips, nacho cheese sauce, sour cream, guacamole, tomato salsa, jalapeños and parsley v 12.75

PINT OF PRAWNS Wasabi crème fraîche sauce and lemon 12.75

light bites

GINGER, GARLIC & CHILLI CHICKEN BAO BUN Two warm bao buns. Finished with a sweet chilli dressing, coriander and crispy Asian slaw 9.5

BBQ PULLED JACKFRUIT BAO BUNS Two warm bao buns. Finished with a sweet chilli dressing, coriander and crispy Asian slaw vg v 9

CRUSTLESS QUICHE Mature Davidstow Cheddar, leek & caramelised onion marmalade quiche, potato salad, dressed salad and sea salt crisps v 9.5

SOUTHERN FRIED CHICKEN WRAP Crispy chicken goujons, American cheese slice, baby gem lettuce, mayonnaise, dressed salad garnish and sea salt crisps 9

CURRIED CAULIFLOWER & ROASTED CHICKPEA WRAP Harissa hummus, roasted cauliflower & chickpeas, mint tahini dressing, shredded lettuce, dressed salad garnish and sea salt crisps vg v 8.5

CORNISH FISH FINGER ROLL Hake goujons in St Austell Ale batter, crisp lettuce, curried mayo, and fries 10



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v - vegetarian - vg - vegan

mains

- FISH & CHIPS** Newlyn-landed Hake in St Austell Ale batter with crushed minted peas, tartare sauce and lemon **18.75/11.25**
25p from every portion of Fish & Chips goes to the St Austell Brewery Charitable Trust.
- STEAK FRITES** Sliced 4oz sirloin served pink or well done, garlic butter, rocket, sweetie drop peppers and seasoned fries **15.75**
- REDEFINE™ BURGER** Redefine™ patty, tomato salsa, smoked Applewood vegan cheese, gem lettuce, glazed bun and sliced pickled gherkins **vg v 14.75**
- ABERDEEN ANGUS STEAK BURGER** In a glazed bun, burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled gherkins, gem lettuce, chorizo & sweet chilli jam and fries **18**
- STEAK, BEEF SHIN & TRIBUTE ALE PIE** Creamy mash potato, oven-roasted shallots, sautéed Chantenay carrots, parsley and red wine sauce **16.25**
- GRILLED CAJUN CHICKEN** Salad garnish, coleslaw and chips **15.25**
- MISO & CHILLI-GLAZED AUBERGENE** Sticky coconut rice, bok choy, roasted tenderstem broccoli, toasted sesame, and pomegranate **vg v 18**
- TORCHED GOATS' CHEESE SALAD** Warm goats' cheese, roasted beets, pearl barley, mixed leaves dressed in a horseradish vinaigrette, with balsamic glaze & pistachio nuts **v 14.75**

on the side

- TRUFFLE CHIPS** Truffle mayonnaise, parmesan **v 6.25**
- GARLIC BREAD** **vg v 4.25**
- LOBSTER BUTTER FRIES** Cajun spice and chives **5.25**
- HERITAGE TOMATO PANZANELLA SALAD** Focaccia croutons, shallots, sundried tomato, red wine vinegar and basil **vg v 5.75**
- WINTER VEGETABLES** Sautéed spinach, roasted shallots, roasted Chantenay carrots and butternut squash **v 4.75**
- SHELL ON BLACK TIGER PRAWNS IN GARLIC & CHIVE BUTTER** **6**

to finish

- STICKY TOFFEE PUDDING** Vanilla ice cream, ginger nut crumb and toffee sauce **8.5**
- BELGIAN WAFFLE** Warm blueberry compote, caramelised banana, maple flavoured syrup and vegan raspberry ripple ice cream. **8.5**
- LEMON POSSET** Shortbread biscuits and raspberries **8.5**
- BISCOFF® CHEESECAKE** Chocolate sauce and a Biscoff biscuit **8**
- WARM DOUBLE- CHOCOLATE BROWNIE** Vanilla ice cream, chocolate sauce, and cookie crumb. **8.5**
- CORNISH ICE CREAMS & SORBET** **2.5**
vanilla / chocolate / strawberry / salted caramel / vegan raspberry ripple / ruby orange sorbet /

coffee

- ESPRESSO** **v 2.35**
- DOUBLE ESPRESSO** **v 2.75**
- MACCHIATO** **v 3**
- AMERICANO** **v 2.85**
- CAPPUCCINO** **v 3.4**
- LATTE** **v 3.4**
- FLAT WHITE** **v 3.4**
- MOCHA** **3.75**
- ICED COFFEE** **v 3.4**

tea

- POT OF ENGLISH BREAKFAST TEA** **v 2.75**
- HERBAL/FRUIT INFUSION** **v 3.35**
- hot chocolate*
- HOT CHOCOLATE** **3.75**
- DELUXE HOT CHOCOLATE** **4.15**



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MILL ON THE EXE

evening menu

from five

nibbles

PADRON PEPPERS Cornish sea salt. vg v 5.25

WARM ITALIAN FLATBREAD & OLIVES Cold pressed Devon rapeseed oil, balsamic vinegar. vg v 8.75

TERIYAKI TOFU BITES Breaded tofu, Asian slaw and teriyaki sauce vg v 8

GUACAMOLE & NACHOS Watercress vg v 5.25

CHORIZO BITES Oven-roasted and served warm. 6.25

DUCK GYOZA Sweet chilli sauce and coriander 5.75

to start

SALT & PEPPER SQUID Sweet chilli, lime & coriander mayo, and lemon. 9

ROSE HARISSA HUMMUS Crispy chickpeas, ras el hanout, pistachio crumb, lemon zest, olive oil, and a warm pitta. vg v 7.25

SEASONAL SOUP Warm bread and Trewithen Dairy Cornish butter v 8

PANKO BELLY PORK Apple & celeriac rémoulade and sweet chilli & chorizo jam 9.25

PAN FRIED SCALLOPS WITH A PEA RISOTTO Coriander oil, lobster-infused butter and prosciutto crisp 13.25

SMOKED MACKEREL & HORSERADISH RILLETTÉ With pickled cucumber, sourdough toasts, and lemon. 9

for main

FISH & CHIPS Newlyn-landed Hake in St Austell Ale batter with crushed minted peas, tartare sauce and lemon 18.75

25p from every portion of Fish & Chips goes to the St Austell Brewery Charitable Trust.

WEST COUNTRY BOZ RIBEYE STEAK With garlic & chive butter, Cornish sea salt & thyme slow-roasted plum tomato, rocket salad, and skin on chips. 30.5

REDEFINE™ BURGER Redefine™ patty, tomato salsa, smoked Applewood vegan cheese, gem lettuce, glazed bun and sliced pickled gherkins vg v 14.75

ABERDEEN ANGUS STEAK BURGER In a glazed bun, burger sauce, smoked streaky bacon, Monterey Jack cheese, pickled gherkins, gem lettuce, chorizo & sweet chilli jam and fries 18

STEAK, BEEF SHIN & TRIBUTE ALE PIE Creamy mash potato, oven-roasted shallots, sautéed Chantenay carrots, parsley and red wine sauce 16.25

BOZ D-CUT GAMMON Pineapple & chilli salsa, two free-range fried eggs and chips 15.25

MISO & CHILLI-GLAZED AUBERGENE Sticky coconut rice, bok choy, roasted tenderstem broccoli, toasted sesame, and pomegranate vg v 18

SQUID AND PRAWN LINGUINE King prawns, squid, chorizo, fennel ketchup, garlic, chilli, coriander and parsley 19

RACK OF BBQ RIBS Served with red slaw and fries 20.5

GRILLED CAJUN CHICKEN Salad garnish, coleslaw and chips 15.25

TORCHED GOATS' CHEESE SALAD Warm goats' cheese, roasted beets, pearl barley, mixed leaves dressed in a horseradish vinaigrette, with balsamic glaze & pistachio nuts v 14.75

to share

BAKED CAMEMBERT Caramelised onion chutney, balsamic syrup, crispy onions and flat bread v 19

CLASSIC NACHOS Tortilla chips, nacho cheese sauce, sour cream, guacamole, tomato salsa, jalapeños and parsley v 12.75

PINT OF PRAWNS Wasabi crème fraîche sauce and lemon 12.75



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on the side

TRUFFLE CHIPS Truffle mayonnaise, parmesan v 6.25

WINTER VEGETABLES Sautéed spinach, roasted shallots, roasted Chantenay carrots and butternut squash v 4.75

GARLIC BREAD vg v 4.25

SHELL ON BLACK TIGER PRAWNS IN GARLIC & CHIVE BUTTER 6

LOBSTER BUTTER FRIES Cajun spice and chives 5.25

HERITAGE TOMATO PANZANELLA SALAD Focaccia croutons, shallots, sundried tomato, red wine vinegar and basil vg v 5.75

to finish

STICKY TOFFEE PUDDING Vanilla ice cream, gingernut crumb and toffee sauce v 8.5

BELGIAN WAFFLE Warm blueberry compote, caramelised banana, maple flavoured syrup and vegan raspberry ripple ice cream. vg v 8.5

BISCOFF® CHEESECAKE Chocolate sauce and a Biscoff biscuit v 8

WARM DOUBLE- CHOCOLATE BROWNIE Vanilla ice cream, chocolate sauce, and cookie crumb. v 8.5

WEST COUNTRY CHEESEBOARD Selection of three West Country cheeses. Crackers, plum & apple chutney, grapes and celery. Please ask us for details v 13.75

CORNISH ICE CREAMS & SORBET 2.5

vanilla / chocolate / strawberry / salted caramel / vegan raspberry ripple / ruby orange sorbet /

coffee

ESPRESSO v 2.35

DOUBLE ESPRESSO v 2.75

MACCHIATO v 3

AMERICANO v 2.85

CAPPUCCINO v 3.4

LATTE v 3.4

FLAT WHITE v 3.4

MOCHA 3.75

ICED COFFEE v 3.4

tea

POT OF ENGLISH BREAKFAST TEA v 2.75

HERBAL/FRUIT INFUSION v 3.35

hot chocolate

HOT CHOCOLATE 3.75

DELUXE HOT CHOCOLATE 4.15



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GUACAMOLE & NACHOS Watercress vg v 5.25

CHORIZO BITES Oven-roasted and served warm. 6.25

DUCK GYOZA Sweet chilli sauce and coriander 5.75

to start

SALT & PEPPER SQUID Sweet chilli, lime & coriander mayo, and lemon. 9

ROSE HARISSA HUMMUS Crispy chickpeas, ras el hanout, pistachio crumb, lemon zest, olive oil, and a warm pitta. vg v 7.25

SEASONAL SOUP Warm bread and Trewithen Dairy Cornish butter v 8

SMOKED MACKEREL & HORSERADISH RILLETTTE With pickled cucumber, sourdough toasts, and lemon. 9

PANKO BELLY PORK Apple & celeriac rémoulade and sweet chilli & chorizo jam 9.25

our roasts

All served with a Yorkshire pudding, rosemary & sea salt roasted potatoes, parsnip, seasonal vegetables, cauliflower cheese, and a rich gravy.

ROAST TURKEY Oven roasted, boned, and rolled British sliced turkey breast with a sage & onion pork stuffing. 16.75

WEST COUNTRY BEEF TOPSIDE Tender roasted topside of West Country beef, served pink 19

BRIE, CRANBERRY & MUSHROOM WELLINGTON Baked flaky puff pastry Wellington filled with a sautéed thyme, garlic & mushroom, Brie & cranberry sauce v 16.75

APRICOT & CHESTNUT ROAST A rich blend of apricots, chestnuts, mixed nuts, herbs and vegetables. Slowly oven roasted vg v 16.75

our mains

FISH & CHIPS Newlyn-landed Hake in St Austell Ale batter with crushed minted peas, tartare sauce and lemon 18.75

TORCHED GOATS' CHEESE SALAD Warm goats' cheese, roasted beets, pearl barley, mixed leaves dressed in a horseradish vinaigrette, with balsamic glaze & pistachio nuts v 14.75

REDEFINE™ BURGER Redefine™ patty, tomato salsa, smoked Applewood vegan cheese, gem lettuce, glazed bun and sliced pickled gherkins vg v 14.75

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SQUID AND PRAWN LINGUINE King prawns, squid, chorizo, fennel ketchup, garlic, chilli, coriander and parsley 19

RACK OF BBQ RIBS Served with red slaw and fries 20.5

on the side

EXTRA SIDE OF CAULIFLOWER CHEESE v 3.75

EXTRA YORKSHIRE PUDDING v 1

TRUFFLE CHIPS Truffle mayonnaise, parmesan v 6.25

EXTRA SIDE OF ROSEMARY & SEA SALT ROAST POTATOES vg v 3.75

EXTRA SIDE OF PIGS IN BLANKETS 5.25

LOBSTER BUTTER FRIES Cajun spice and chives 5.25



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STICKY TOFFEE PUDDING Vanilla ice cream, gingernut crumb and toffee sauce v 8.5

BISCOFF® CHEESECAKE Chocolate sauce and a Biscoff biscuit v 8

BELGIAN WAFFLE Warm blueberry compote, caramelised banana, maple flavoured syrup and vegan raspberry ripple ice cream. vg v 8.5

LEMON POSSET Shortbread biscuits and raspberries v 8.5

RHUBARB & APPLE CRUMBLE Vegan Chantilly cream vg v 8.5

vanilla / chocolate / strawberry / salted caramel / vegan raspberry ripple / ruby orange sorbet /

hot drinks

coffee

ESPRESSO v 2.35

DOUBLE ESPRESSO v 2.75

MACCHIATO v 3

AMERICANO v 2.85

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