



## Sit Enjoy and Relax

Anouska and all of the team at the Miners Arms would like to welcome you to our friendly establishment where we strive to serve good quality food with friendly and efficient service.

## Since The 16<sup>th</sup> Century

The history of the Miners is the stuff of fiction. Over the centuries it has been a courthouse, a venue for inquests, a smugglers lair and even a house of ill-repute! Ghostly figures have been spotted skulking throughout the building, which fits in nicely with the various stories of lost chapels and monastic retreats which abound in this very old village.

As you enter this unique 16th century pub it is like stepping back in time. Real beams and low ceilings are a feature of the Miners. Curiously, light streams through to illuminate the many colourful wall paintings.

## A Traditional Cornish Pub

If you are looking for a traditional Cornish pub, serving real food in old world comfort then visit the Miners Arms at Mithian.

All of our dishes are freshly prepared and cooked to order, using the very best of local Cornish produce whenever possible, to our uncompromising standards of taste, quality and presentation.

Cornwall's best kept secret...

*The Miners Arms*



*at Mithian*



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## Important Notice Regarding Food Allergies!

While The Miners Arms will endeavour and do everything we can to accommodate requests for special meals for customers who have food allergies or intolerances, we **CANNOT** guarantee completely allergy free meals.

This is due to the potential of trace allergens in the working environment and supplied ingredients.

We offer Vegan, Low Gluten and Low dairy separate menus that are created to the highest of confidence to not contain the allergens as requested.

PLEASE NOTIFY A MEMBER OF STAFF OF ANY ALLERGIES OR ANY DIETARY REQUIREMENTS.

WE ARE ALLERGY AWARE!



Lunch served Monday to Saturday 12-6pm

**Freshly sliced bloomer bread open sandwich or crispy jacket potato**

Davidstow Cheddar Cheese, Miners Chutney	£6.95
Chapman's Ham, Miners Piccalilli	£7.95
Crispy Smoked Bacon, Cornish Truffler Brie, Miners Rhubarb Jam	£8.45
Prawns, Beetroot Cured Smoked Salmon, Lemon Crème Fraiche	£8.95
Tuna, Red Onion, Olives and Mayonnaise	£7.95
Moroccan Chicken and Coriander Yogurt Dip	£8.75
Miners Smoked Chicken Special (smoked chicken, tomatoes, red onions, peppers, cucumber and mayonnaise)	£8.25
(Vegan) Spicy Quinoa Falafels Patties, Yoghurt Dip	£7.25
Miners Stack – Hogs pudding, smoked bacon, smoked chicken, blue cheese mayonnaise on toasted granary bread.	£8.25

**Salads**

Cornish Cheeses or Cold Meat ploughman's Apple, pickled onions, Miners chutney, homemade piccalilli	£10.95
Cornish Truffler Brie and Grape (V) Melted Cornish Truffler brie and red grapes. Add Smoked chicken for £1.50	£9.25
(Vegan) Spicy Quinoa Falafel Homemade vegan friendly spicy quinoa falafel topped with coriander soya yogurt dip.	£9.25
Crispy Whitebait Crispy whitebait served with homemade tartar sauce.	£9.95
Miners Stack Hogs Pudding, smoked bacon, smoked chicken, blue cheese mayonnaise.	£11.25
Moroccan Chicken Chicken marinated in Chef's own recipe served with coriander yogurt dip.	£11.95

ALL SERVED WITH A LARGE DRESSED SALAD WITH CRISPY CROUTONS, NUTS, SEEDS, BLOOMER BREAD AND BUTTER.



## All Day Menu available Monday to Saturday 12-9pm

### Something to share....

Miners charcuterie board £10.95

Selection of dried cured meats, salad, mixed olives, sliced bloomer bread, butter and olive oil dip.

Baked Cornish Truffler Brie £10.95

Oven baked with its robust, earthy, wild truffle tones, served with sliced bloomer bread and Miners rhubarb jam.

Bread and Olives £5.95

Sliced bloomer bread with butter, olive oil dip and olives.

### In the beginning....

Chef's Homemade Soup of the Day £5.25 / £8.25

With sliced bloomer bread

Crispy Whitebait £6.95 / £9.95

Deep fried and breaded whitebait served with homemade tartar sauce and salad

Miners Stack £8.95/£11.95

Hogs Pudding, smoked bacon, smoked chicken, blue cheese mayonnaise with salad.

Miners Ham Hock Bon Bons £7.95/ £10.95

Deep fried and breaded bon bons filled with Davidstow cheddar, ham hock with mashed potato served with salad and red onion marmalade.

Beetroot Cured Smoked Salmon £7.25 / £10.25

Miners home cured beetroot smoked salmon with salad and lemon crème fraiche.

ALL SALADS SERVED WITH CRISPY CROUTONS, SEEDS AND NUTS! UNLESS REQUESTED WITHOUT.

## The Main Event

### Steak of the Day - PLEASE SEE SPECIALS BOARD

All of the steaks are cooked to your preference and served with sautéed mushrooms, onion rings, roasted cherry vine tomatoes, petit pois and chips.

Ham, Egg and Chips	£9.25		
Chapman's sliced ham, two locally produced free range eggs fried served with salad and chips			
Miners Double Burger	£10.95		
Two homemade burgers served in a multi seeded bap with Miners chilli jam, chips and salad. WITH DAVIDSTOW CHEDDAR CHEESE OR CORNISH BLUE CHEESE £11.45			
Steak and Ale Pie	£11.95		
Homemade with local ale and a flaky pastry lid. Served with new potatoes and vegetables. TOPPED WITH CORNISH BLUE CHEESE? ADD 50p			
Wholetail Scampi	£10.95		
Deep fried and breaded wholetail scampi served with salad, homemade tartar sauce and chips.			
Moroccan Chicken Salad	£11.95		
Chicken marinated in Chef's own recipe on a bed of salad with nuts, seeds and croutons served with coriander yogurt dip.			
Cornish Hake	£12.95		
Grilled on sauté potatoes, sun dried tomatoes, leeks and spinach drizzled with balsamic syrup.			
Miners Fish Pie	£11.25		
Homemade fish pie with a selection of white fish, smoked haddock and salmon topped with sliced new potatoes and melted cheese. Served with vegetables.			
Pork Steaks	£12.95		
Two of Chapman's pork steaks on crispy bubble and squeak served with cider gravy and vegetables.			
Sea Bass	£14.95		
Pan fried fillets of seabass on basil and caper mashed potatoes topped with a citrus crème fraiche served with vegetables.			
<b>Any Sides?</b>			
Chips	£2.95	with melted Davidstow cheddar cheese	£3.45
Baked Beans or Petit Pois			£1.00
Onion rings			£2.95
Garlic bread	£2.95	with melted Davidstow cheddar cheese	£3.45
Sliced bloomer bread and butter			£2.50
Dressed mixed salad with crispy croutons, seeds and nuts			£3.95



## Vegetarian and Vegan Menu

### Something to share....

Baked Cornish Truffler Brie £10.95  
 Oven baked with its robust, earthy, wild truffle tones, served with sliced bloomer bread and Miners rhubarb jam.

Bread and Olives £5.95  
 Sliced bloomer bread with butter, olive oil dip and olives. Vegan vegetable spread available upon request.

### In the beginning....

Chef's Homemade Soup of the Day £5.25 / £8.25  
 With sliced bloomer bread

(Ve) Beetroot Salad £ 5.95 / £ 8.95  
 Pickled beetroot salad with nuts, seeds and croutons with a balsamic dressing, served with bloomer bread and vegetable spread.

(Ve) Spicy Quinoa Falafel £6.25 / £9.25  
 Homemade vegan friendly spicy quinoa falafel on a bed of salad, topped with soya coriander yoghurt dip.

Vegan Bean Stew £ 5.95 / £ 8.95  
 Chef's vegetable and mixed bean stew, served with bloomer bread and vegetable spread.

### Any Sides?

Chips (Ve)	£2.95	with melted Davidstow cheddar cheese	£3.45
Baked Beans or Petit Pois (Ve)			£1.00
Portion of vegetables (Ve)			£2.95
Onion rings			£2.95
Garlic bread	£2.95	with melted Davidstow cheddar cheese	£3.45
Sliced bloomer bread and butter (Vegan vegetable spread available upon request)			£2.50
Dressed mixed salad with crispy croutons, seeds and nuts (Ve)			£3.95
Sauté new potatoes, sun dried tomatoes, leeks and spinach drizzled with balsamic syrup. (Ve)			£4.95

## The Main Event.....

(Ve) Vegetable and Lentil Shepherd's Pie	£ 9.95
Chef's vegetable and lentil shepherd's pie topped with a sweet potato mash, served with salad with nuts, seeds and balsamic dressing.	
Miners Homity pie	£10.95
Short crust pastry open pie filled with potatoes, onions and leek mixture, topped with melted Davidstow cheddar cheese. Served with salad.	
Sweet Potato and Spinach Curry (vegan friendly and LG)	£8.95
Chef's vegan coconut based curry served with wild and basmati rice, mango chutney and poppadom.	
Mediterranean Vegetable Lasagne	£9.95
Homemade vegetarian lasagne served with side salad and garlic bread.	
Cornish Truffler Brie and Grape	£9.25
Melted Cornish Truffler brie, grapes, dressed salad with nuts, seeds, croutons, bread and butter.	
Vegan Nut Roast	£8.95
Chef's vegan nut roast, served with roasted new potatoes, vegetables and vegan gravy.	
(Ve) Aubergine Chilli	£8.95
Vegan aubergine chilli with either a crispy jacket potato or salad with nuts, seeds and balsamic dressing or basmati, wild rice and poppadom.	

ALL SALADS SERVED WITH CRISPY CROUTONS, SEEDS AND NUTS! UNLESS REQUESTED WITHOUT.

Vegan desserts are available on a separate dessert board.



## Low Gluten Menu

### Gluten free bread roll or crispy jacket potato

Davidstow Cheddar Cheese, Miners Chutney	£6.95
Chapman's Ham, Miners Chutney	£7.95
Crispy Smoked Bacon, Cornish Truffler Brie, Miners Rhubarb Jam	£8.45
Prawns, Beetroot Cured Smoked Salmon, Lemon Crème Fraiche	£8.95
Tuna, Red onion, Olives and Mayonnaise	£7.95
Moroccan Chicken and Coriander yogurt dip	£8.75
Miners Smoked Chicken Special (smoked chicken, tomatoes, red onions, peppers, cucumber and mayonnaise)	£8.25

### Something to share....

Miners charcuterie board Selection of dried cured meats, salad, mixed olives, GF bread roll, butter and olive oil dip.	£10.95
Baked Cornish Truffler brie Oven baked with its robust, earthy, wild truffle tones. Served with gf roll and Miners rhubarb jam.	£10.95
GF Bread Roll and Olives Sliced GF bread rolls with olives.	£5.95

### The Main Event

Cornish Cheeses or Cold Meat Ploughman's Apple, pickled onions, Miners chutney, dressed salad, GF bread roll and butter.	£10.95
Cornish Truffler Brie and Grape (V) Melted Cornish Truffler brie, grapes, dressed salad, GF roll and butter. Add Smoked chicken for £2.00	£9.25
Ham, Egg and Chips Chapman's sliced ham, two locally produced free range eggs fried served with salad and chips.	£9.25
Miners Prawn Cocktail Cocktail prawns on a bed of salad with a marie rose sauce and GF bread roll.	£8.95 / £12.95



Beetroot Cured Smoked Salmon £7.25 / £10.25

Miners home cured beetroot smoked salmon with salad and lemon crème fraiche.

Moroccan Chicken Salad £11.95

Chicken marinated in Chef's own recipe on a bed of salad with nuts, seeds served with coriander yogurt dip.

Steak of the Day - PLEASE SEE SPECIALS BOARD

All of the steaks are cooked to your preference and served with sautéed mushrooms, roasted cherry vine tomatoes, petit pois and chips.

Pork Steaks £12.95

Two of Chapman's pork steaks on crushed new potatoes with apple and leek served with cider gravy and vegetables.

Sea Bass £13.95

Pan fried fillets of seabass on basil and caper mashed potatoes topped with a citrus crème fraiche served with vegetables.

Cornish Hake £12.95

Grilled on sauté potatoes, sun dried tomatoes, leeks and spinach drizzled with balsamic syrup.

(Ve) Sweet Potato and Spinach Curry £8.95

Chef's vegan coconut based curry served with wild and basmati rice, mango chutney and popadom.

(Ve) Aubergine Chilli £8.95

Vegan aubergine chilli with either a crispy jacket potato or salad with nuts, seeds and balsamic dressing or basmati, wild rice and popadom.

### Any Sides?

Chips £2.95

with melted davidstow cheddar cheese £3.45

Baked Beans or Petit Pois £1.00

Dressed mixed salad with seeds and nuts £4.95

ALL SALADS SERVED WITH SEEDS AND NUTS! UNLESS REQUESTED WITHOUT.



## Low Dairy Menu

### Freshly sliced bloomer bread open sandwich or crispy jacket potato

Chapmans Ham, Miners Piccalilli	£7.95
Crispy Bmoked Bacon, Lettuce, Tomato	£8.45
Prawns, Beetroot Cured Smoked Salmon, Lemon Mayonnaise	£8.95
Moroccan Chicken and Coriander Yogurt dip	£8.25
Miners Smoked Chicken Special (smoked chicken, tomatoes, red onions, peppers, cucumber and mayonnaise)	£8.25
(Vegan) Spicy Quinoa Falafels Patties, Yoghurt dip	£7.25

### Something to share....

Miners Charcuterie Board	£10.95
Selection of dried cured meats, salad, mixed olives, sliced bloomer bread, vegetable spread and olive oil dip.	
Bread and Olives	£5.95
Sliced bloomer bread and vegetable spread with mixed olives.	

### The Main Event

Cold Meat Ploughman's	£10.95
Apple, pickled onions, Miners chutney, home-made piccalilli, salad, bloomer bread and vegetable spread.	
Spicy Quinoa Falafel	£6.25 / £9.25
Homemade vegan friendly spicy quinoa falafel on a bed of salad, topped with soya coriander yoghurt dip.	
Beetroot Cured Smoked Salmon	£7.25 / £10.25
Miners home cured beetroot smoked salmon with salad.	
Miners Prawn Cocktail	£8.95 / £12.95
Cocktail prawns on a bed of salad with a marie rose sauce and bloomer bread.	
Ham, Egg and Chips	£9.25
Chapman's sliced ham, two locally produced free range eggs fried served with salad and chips	

### Steak of the Day - PLEASE SEE SPECIALS BOARD

All of the steaks are cooked to your preference and served with mushrooms, roasted cherry vine tomatoes, petit pois and chips.

Moroccan Chicken Salad £11.95  
Chicken marinated in Chef's own recipe on a bed of salad with nuts, seeds and croutons served with coriander yogurt dip.

Sweet Potato and Spinach Curry £8.95  
Chef's vegetarian coconut based curry served with wild and basmati rice, mango chutney and popadom.

Cornish Hake £12.95  
Grilled on sauté potatoes, sun dried tomatoes, leeks and spinach drizzled with balsamic syrup.

Pork Steaks £12.95  
Two of Chapman's pork steaks on crushed new potatoes with apple and leek served with cider gravy and vegetables.

Sea bass  
Pan fried fillets of seabass on basil and caper crushed new potatoes topped with a citrus crème fraiche served with vegetables.

(Ve) Sweet Potato and Spinach Curry £8.95  
Chef's vegan coconut based curry served with wild and basmati rice, mango chutney and popadom.

(Ve) Aubergine Chilli £8.95  
Vegan aubergine chilli with either a crispy jacket potato or salad with nuts, seeds and balsamic dressing or basmati, wild rice and popadom.

### **Any Sides?**

Chips £2.95  
Baked beans or petit pois £1.00  
Sliced bloomer bread and vegetable spread £2.50  
Dressed mixed salad with crispy croutons, seeds and nuts £4.95

ALL SALADS SERVED WITH CRISPY CROUTONS, SEEDS AND NUTS! UNLESS REQUESTED WITHOUT.



## Sunday Menu 12 noon until 9pm

### Freshly sliced bloomer bread open sandwich or crispy jacket potato

Davidstow Cheddar Cheese, Miners Chutney	£6.95
Chapman's Ham, Miners Piccalilli	£7.95
Crispy Smoked Bacon, Cornish Truffler Brie, Miners Rhubarb Jam	£8.45
Prawns, Beetroot Cured Smoked Salmon, Lemon Crème Fraiche	£8.95
Moroccan Chicken and Coriander Yogurt Dip	£8.25
Miners Smoked Chicken Special (smoked chicken, tomatoes, red onions, peppers, cucumber and mayonnaise)	£8.25
Miners Stack – Hogs Pudding, Smoked Bacon, Smoked Chicken, Blue Cheese mayonnaise on toasted granary bread.	£8.25

### Salads

Cornish Cheeses or Cold Meat Ploughman's Apple, Pickled Onions, Miners Chutney, Home-made Piccalilli, bloomer bread.	£10.95
Cornish Truffler Brie and Grape (V) Melted Cornish Truffler Brie and Red Grapes, bloomer bread. Add Smoked Chicken for £1.50	£9.25

### IN THE BEGINNING....

Chef's Homemade Soup of the Day With sliced bloomer bread	£5.25 / £8.25
Crispy Whitebait Deep fried and breaded whitebait served with homemade tartar sauce and salad	£6.95/ £9.95
Miners Stack Hogs Pudding, Smoked Bacon, Smoked Chicken, blue cheese mayonnaise with salad.	£8.95/£11.95
(Vegan) Spicy Quinoa Falafel Homemade vegan friendly spicy quinoa falafel on a bed of salad, topped with soya coriander yoghurt dip.	£6.25 / £9.25

ALL SALADS SERVED WITH CRISPY CROUTONS, SEEDS AND NUTS! UNLESS REQUESTED WITHOUT.

## THE MAIN EVENT....

### Traditional Sunday Roast

Served with vegetables, Yorkshire pudding, roast potatoes and extra gravy.

Mixed it up with all the meats?

Fish of the Day £12.95

See specials board for details.

10oz Gammon Steak £11.95

Served with chips, petit pois and either a fried egg or pineapple.

Wholetail Scampi £10.95

Deep fried and breaded wholetail scampi served with salad, homemade tartar sauce and chips.

Miners Double Burger £10.95

Two homemade burgers served in a multi seeded bap with Miners chilli jam, chips and salad.

With Davidstow Cheddar or Cornish Blue £11.45

Steak and Ale Pie £10.95

Homemade with local ale and a flaky pastry lid. Served with new potatoes and vegetables.

Topped with Cornish Blue Cheese add 50p

Miners Fish Pie £11.25

Homemade fish pie with a selection of white fish, smoked haddock and salmon topped with sliced new potatoes and melted cheese. Served with vegetables.

Mediterranean Vegetable Lasagne (v) £9.95

Homemade vegetarian lasagne served with side salad and garlic bread.

Sweet Potato And Spinach Curry (vegan friendly and LG) £8.95

Chef's vegetarian coconut based curry served with wild and basmati rice, mango chutney and poppadum.

### Any Sides?

Chips £2.95

With melted cheddar cheese £3.45

Baked beans or petit pois £1.00

Onion rings £2.95

Garlic bread £2.95

With melted cheddar cheese £3.45

Sliced bloomer bread and butter £2.50

Dressed mixed salad with crispy croutons, seeds and nuts £4.95

ALL SALADS SERVED WITH CRISPY CROUTONS, SEEDS AND NUTS! UNLESS REQUESTED WITHOUT.



## Drinky Poos!

### SOFTS

CORNISH ORCHARDS	£2.60
(Elderflower, Ginger beer or Cranberry and Raspberry)	
BRITVIC AJ OR OJ	£2.60
J20'S	£2.60
PEPSI	£1.50 / £2.70
PEPSI MAX	£1.50 / £2.70
LEMONADE	£1.50 / £ 2.70
FANTA	£2.60
APPLETISER	£2.60
STILL	£2.60 / £3.95
SPARKLING	£2.60 / £3.95

### DRAFT

THATCHER'S	£4.05
KOREV (CORNISH)	£4.20
FOSTERS / CARLSBERG	£3.85
ESTRELLA	£4.60
GUINNESS	£4.10
DOOM BAR	£3.75
BETTY STOGS	£3.75
TRIBUTE	£3.75
GUEST	£3.85

### BOTTLES

CORNISH ORCHARD CIDER	£4.10
OLD MOUT	£4.10
(Kiwi and Lime, Strawberry and Pomegranate, Summer Berries or Passion Fruit and Apple)	
DURA DAMM	£3.40
(GLUTEN FREE)	
PERONI	£3.40
BREW DOG IPA	£3.40
CRABBIES	£3.10
BITBERGER DRIVE	£3.40
(ALCOHOL FREE)	

### GINS

TARQUINS	£3.10
(Cornish)	
RHUBARB GIN	£3.10
BOMBAY	£3.10
GORDONS	£3.00
CURIO SAMPHIRE	£3.10
(Cornish)	
MANY MORE BEHIND BAR!	

### VODKA

GREY GOOSE	£3.10
RASPBERRY	£3.00
SMIRNOFF	£3.00

### RUM

DEAD MANS FINGER	£3.30
HAVANA CLUB	£3.20
LAMBS SPICED	£3.20
CAPTAIN MORGAN'S	£3.20
BARCARDI	£3.00

### MALTS

PLEASE SEE BAR!

### PIMMS & LEMONADE

ORIGINAL, STRAWBERRY OR BLACKBERRY AND ELDERBERRY	£4.50
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FOR OUR FULL RANGE OF DRINKS PLEASE SEE BAR!!