

The Miners Arms, Mithian
Vegan Menu

Sliced bloomer bread with mixed olives, vegetable spread and balsamic olive oil dip £5.95

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.

(Vegan) Spicy quinoa falafel £6.25 / £9.25

Home made 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.

Vegetable and lentil shepherds pie £ 9.95

Chef's vegetable and lentil shepherds pie topped with a sweet potato mash, served with salad with nuts, seeds and balsamic dressing.

Sweet potato and spinach curry £8.95

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

Vegan nut roast £ 8.95

Chef's vegan nut roast, served with roasted new potatoes, vegetables and vegan gravy.

Aubergine chilli £8.95

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

Pasta bake GF/DF/EF £ 8.95

Mediterranean vegetable pasta bake served with salad, nuts, seeds and balsamic dressing.

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
Sauté new potatoes, sun dried tomatoes, leeks and spinach drizzled with balsamic syrup.	£4.95
Portion of vegetables	£2.95

⑩ Most of our vegan options can be gluten free, please ask!

Vegan desserts are available on a separate dessert board.

The Miners Arms, Mithian
Gluten free menu

Gluten free bread roll or crispy jacket potato

Davidstow cheddar cheese, Miners chutney	6.95
Tuna, mayonnaise, red onion, olives	7.95
Crispy bacon, Cornish Truffler brie, Miners Rhubarb and Gooseberry jam	8.45
Chapman's ham, Miners chutney	7.95
Prawns, beetroot cured smoked salmon, lemon crème fraiche	8.95
Cornish crab, lime and basil mayonnaise (when available)	10.95
Miners smoked chicken special (smoked chicken, tomatoes, red onions, peppers, cucumber and mayonnise)	8.25
Nothing to tickle your taste buds.....Just ask!	

Salad's

Cornish cheeses or Cold meat ploughman's 10.95
Apple, pickled onions, Miners chutney

Cornish Truffler brie and grape (V) 9.25
Melted Cornish Truffler brie and red grapes.
Add Smoked chicken for £2.00

ALL SERVED WITH A LARGE DRESSED SALAD WITH NUTS, SEEDS,
GLUTEN FREE BREAD ROLL AND BUTTER.

Something to share....

Miners charcuterie board £10.95
Selection of dried cured meats, salad, mixed olives, gf roll, butter and olive oil dip.

Baked Cornish Truffler brie £10.95
Oven baked with its robust, earthy, wild truffle tones. Served with gf roll and Miners rhubarb and gooseberry jam.

The Main Event

Ham, egg and chips

£9.25

Chapman's sliced ham, two locally produced free range eggs fried served with salad and chips.

Cornish crab , crayfish and prawn cocktail (when available) 10.95 / 14.95

Cornish white crab meat, crayfish tails and cocktail prawns on a bed of salad with an avocado dip and gf bread roll.

Port and Stilton pate

(V) £6.25 / £ 9.25

Chef's port and Stilton pate, Miners red onion marmalade, salad and GF oatcakes.

Beetroot cured smoked salmon

£7.25 / £10.25

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

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.

Cornish hake

£12.95

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

Sweet potato and spinach curry

£8.95

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

Pork fillet

£11.95

Chapman's pork fillet with mashed potato, rhubarb compote, port and redcurrant jus. Served with vegetables.

Chicken breast

£10.95

Oven roasted mediterranean vegetables with basmati and wild rice, topped with chicken breast and drizzled with pesto oil and shavings of parmesan.

Sea bass

£13.95

Pan fried fillets of sea bass on basil mashed potato topped with salsa verde and roasted cherry vine tomatoes, served with vegetables.

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

The Miners Arms, Mithian

Dairy free menu

Freshly sliced bloomer bread open sandwich or crispy jacket potato

Tuna, mayonnaise, red onion, olives £7.95

Crispy bacon, lettuce and tomato £8.45

Chapman's ham, Miners piccalilli £7.95

Prawns, beetroot cured smoked salmon, £8.95

Cornish crab, lime and basil mayonnaise (when available) £10.95

Miners smoked chicken special (smoked chicken, tomatoes, red onions, peppers, cucumber and mayonnise) £8.25

(Vegan) Spicy quinoa falafels patties and yoghurt dip £7.25

Nothing to tickle your taste buds.....Just ask!

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 with mixed olives.

The Main Event

Cold meat ploughman's £10.95

Apple, pickled onions, Miners chutney, home-made piccalilli, salad and bloomer bread.

Spicy quinoa falafel £6.25 / £9.25

Home made 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.

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.

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

Pork fillet £11.95
Chapman's pork fillet with crushed new potatoes, rhubarb compote, port and redcurrant jus. Served with vegetables.

Chicken breast £10.95
Oven roasted mediterranean vegetables with bulgur wheat, topped with chicken breast and drizzled with pesto oil.

Sea bass £13.95
Pan fried fillets of sea bass on basil crushed new potatoes topped with salsa verde and roasted cherry vine tomatoes, served with vegetables.

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.