

Frogpool, Cornwall
TR4 8RP
01872 863445



www.cornisharmsfrogpool.com
facebook @CornishArmsFrogpool

VG: Vegetarian, **VE:** Vegan

GA: Gluten Aware: This dish does not intentionally contain gluten, however gluten is handled in our kitchen and there is a risk of cross contamination. Not suitable for people with Coeliac Disease. If you have any allergies or special dietary requirements please talk to a member of staff.

Starters

Breaded Garlic Mushrooms £7.95

*Served with a choice of garlic or blue cheese dip. **VG***

Crispy Coated Chicken Wings £8.25

Whitebait £7.95

Served with tartare sauce.

Classic Prawn Cocktail £9.50

Served with mixed leaves, Marie Rose sauce and brown bread.

Chilli Cheese Nuggets £8.25

*Served with a sweet chilli dip. **VG***

Sharers

Camembert 11.95

*Slow cooked garlic studded camembert. Served with toasted bread. **VG***

Nachos

Small £8.95 Large 10.95

*Served with salsa, guacamole, soured cream, jalapeños and melted cheese. **VG***

Pub Pies

*All served with chips or mashed potato, peas and gravy.
£18.25*

Steak & Kidney Suet Pudding

Chicken, Ham Hock & Leek

Venison & Port

Beef Bourguignon

Butternut Squash & Mixed Bean **VE**

Burgers

"Arms" Burger £16.75

Double 4oz beef burger topped with bacon, cheese and mushrooms.

Served with chips, salad, onion rings and coleslaw.

Southern Fried Chicken Burger £15.95

Double up £1.50 extra

Coated chicken breast with lettuce, tomato and mayo.

Served with chips, salad, onion rings and coleslaw.

Cornish Arms Garden Burger £14.95

Vegetable burger with salsa, lettuce and tomato.

*Served with chips, salad, onion rings and coleslaw. **VG, VE***

Pulled Pork Burger £17.50

Double up £1.50 extra

4oz beef burger topped with pulled-pork and cheese.

Served with chips, salad, onion rings and coleslaw.

From the Grill

Horseshoe Gammon Steak £17.25

*10oz horseshoe gammon steak served with chips, peas and eggs, pineapple or both. **GA***

Pork Tower £17.50

Chargrilled pork loin steak topped with hogs pudding and a fried egg. Served with chips and peas.

10oz Rump Steak £19.25

8oz Sirloin Steak £21.95

8oz Ribeye Steak £20.95

All steaks cooked to your liking. Served with chips, peas, mushrooms, tomato and onion rings.

Add homemade peppercorn or Stilton sauce for £4.50.

Make it a surf and turf with garlic butter prawns for an extra £5.50.

From the Sea

Fish, Chips & Peas £17.95

Beer battered fillet of cod served with chips and a choice of garden or mushy peas. **GA option available**

Scampi, Chips & Peas £16.95

Breaded scampi served with chips and a choice of garden or mushy peas.

Seafood Basket £16.95

Salt and pepper squid pieces, squid rings, butterfly prawns and cod goujons. Served with chips, salad and coleslaw.

Baked Salmon & King Prawn Mornay

£17.50

Baked fillet of salmon and king prawns in a Mornay sauce. Served with chips and peas. **GA**

Pauline's Fish Pie £17.95

Available Thursday - Saturday

Chunks of cod, smoked haddock, salmon and king prawns in a creamy cheese sauce and hard boiled egg all topped with mashed potato, cheese and tomato.

Thai Cod & Prawn Fishcakes £17.25

Served with chips, salad and coleslaw. **GA**

Children's Meals

All served with chips, peas or beans and include 1 scoop of chocolate, vanilla or strawberry ice cream and a smoothie. £11.95

Sausage

Fish Bites

Chicken Dippers

4oz Cheeseburger

Cornish Arms Classics

Ham, Egg & Chips £14.95

GA

Homemade Lasagne £15.75

Meat or Mediterranean vegetable (**VG**) lasagne. Served with chips, salad, coleslaw and baked garlic bread.

Chef's Curry of the Day £15.75

Served with rice, chips or half 'n' half, poppadoms, naan and mango chutney.

Chicken Michelle £16.95

Breast of chicken in a bacon, garlic, cheese and mushroom sauce. Served with chips and peas. **GA**

BBQ Marinated Ribs £19.25

Served with chips salad & coleslaw. **GA**

Confit Duck Leg

1 leg £18.50, 2 legs 20.95

Served in a plum sauce with crispy potato pieces and peas.

Sides

Portion of Chips £5.25

GA, VG

Cheesy Chips

Small £4.95 Large £6.95

GA, VG

12 Onion Rings £5.25

VG

Garlic Bread £5.25

Add cheese for 70p

VG

Side Salad £4.95

GA, VG, VE

Homemade Coleslaw £4.25

VG

Coffee, Specials & Desserts of the Day

Desserts of the Day and coffee available please ask a member of staff.

Specials of the Day available please see our specials board.

All our meals are cooked to order and so there may be a longer wait for food during busy times. With all of our main meals the chips can be replaced with jacket potato and peas replaced with salad.