



# THE GANNET

ST IVES CORNWALL

## LUNCH MENU

### STARTERS/LIGHT

**Soup of the Moment** £6.95  
Crusty Bread

**Black Pudding Bon Bon Poached Quail Egg** £8.50  
Potato & Chive Salad, Crispy Parma Ham

**Duck Liver Parfait** £8.00  
Orange & Clove Butter, Toasted Sour Dough,  
Dressed Leaves, Grape Chutney

### GANNET CLASSICS

**Bangers & Mash** £12.95  
Red Onion Jus, Kale, Carrots

**Gannet Chicken, Leek & Potato Pie** £12.95  
Kale, Carrots, Creamy Garlic & White Wine Sauce

**Ploughman's Lunch** £12.95  
Smoked Cheddar, Honey Roast Ham, Salad,  
Pickles, Chutney, Piccalily, Beetroot, Apple,  
Crusty Bread, Butter

**Breaded Tiger Prawn Scampi** £17.95  
Hand-Cut Chips, Crushed Peas,  
Tartare Sauce, Lemon

**Slow-Cooked Pork Belly** £13.95  
Bubble & Squeak Cake, Roasted Squash,  
Cider Jus

### SALADS

**Chicken Caesar Salad** £14.95  
Lettuce, Chicken, Croutons, Parmesan,  
Caesar Dressing, Parma Ham Crisp, Anchovies

**Cajun Paprika Rubbed Sirloin of Beef** £19.95  
Heritage Tomato, New Potato & Herbs,  
Whole Grain Mustard Dressing

**House Salad** £13.95  
Roasted Peppers, Marinated Goats Cheese,  
Leaves, Herbs, Balsamic Vinegar, Avocado

### TRADITIONAL SANDWICHES

White or Brown Bloomer Bread,  
Dressed Leaves, Gannet Slaw

**Ham & Tomato** £8.95

**Smoked Cheddar & Chutney** £8.95

### OPEN FOCACCIA SANDWICHES

Served with Skinny Fries

**Smoked Salmon** £11.95  
Lemon Dressed Rocket, Crème Fraiche, Capers

**Chargrilled Rump Steak** £14.95  
Roast Shallot, Cornish Blue Cheese,  
Tomato, Baby Gem Lettuce

**Roast Mediterranean Vegetable  
& Goats Cheese** £11.95  
Pesto Dressed Leaves

**Smoked Mackerel Fillets** £10.95  
Lemon Dressed Rocket, Chargrilled Peppers, Pesto

### GANNET SIDES

**Olives & Bread** £3.95  
Oils & Dips

**Seasonal Vegetables** £3.95

**Mashed Potatoes** £3.95

**Seasonal New Potatoes** £3.95

**Hand-Cut Chips** £3.95

**Loaded Fries** £4.95  
Lardons, Smoked Cheese

**Sweet Potato Fries** £3.95

**Beef Hash** £4.95

**Gannet House Salad** £3.95

**Cheese Filled Potato Skins** £4.95

**Onion Rings** £3.95



# THE GANNET

ST IVES CORNWALL

## LUNCH MENU GLUTEN-FREE

### STARTERS/LIGHT

**Soup of the Moment** £6.95

Gluten-Free Bread

**Duck Liver Parfait** £8.00

Orange & Clove Butter, Gluten-Free Bread,  
Dressed Leaves, Grape Chutney

### GANNET CLASSICS

**Bangers & Mash** £12.95

Red Onion Jus, Kale, Carrots

**Ploughman's Lunch** £12.95

Smoked Cheddar, Honey Roast Ham, Salad,  
Pickles, Chutney, Piccalilly, Beetroot, Apple,  
Gluten-Free Bread, Butter

**Slow-Cooked Pork Belly** £13.95

Bubble & Squeak Cake, Roasted Squash,  
Cider Jus

### SALADS

**Chicken Caesar Salad** £14.95

Lettuce, Chicken, Parmesan,  
Caesar Dressing, Parma Ham Crisp, Anchovies

**Cajun Paprika Rubbed Sirloin of Beef** £19.95

Heritage Tomato, New Potato & Herbs,  
Whole Grain Mustard Dressing

**House Salad** £13.95

Roasted Peppers, Marinated Goats Cheese,  
Leaves, Herbs, Balsamic Vinegar, Avocado

### TRADITIONAL SANDWICHES

Gluten-Free Bread, Dressed Leaves, Gannet Slaw

**Ham & Tomato** £8.95

**Smoked Cheddar & Chutney** £8.95

### OPEN SANDWICHES

Served with Skinny Fries on Gluten-Free Bread

**Smoked Salmon** £11.95

Lemon Dressed Rocket, Crème Fraiche, Capers

**Chargrilled Rump Steak** £14.95

Roast Shallot, Cornish Blue Cheese,  
Tomato, Baby Gem Lettuce

**Roast Mediterranean Vegetable** £11.95

**& Goats Cheese**

Pesto Dressed Leaves

**Smoked Mackerel Fillets** £10.95

Lemon Dressed Rocket, Chargrilled Peppers, Pesto

### GANNET SIDES

**Olives & Gluten-Free Bread** £3.95

Oils & Dips

**Seasonal Vegetables** £3.95

**Mashed Potatoes** £3.95

**Seasonal New Potatoes** £3.95

**Hand-Cut Chips** £3.95

**Loaded Fries** £4.95

Lardons, Smoked Cheese

**Sweet Potato Fries** £3.95

**Beef Hash** £4.95

**Side Salad** £3.95

**Cheese Filled Potato Skins** £4.95