

THE FORT

Bar & Kitchen

Served Monday - Saturday 12-8.30pm

Small Plates

Nacho's £7.50(V)(GF)
Tortilla chips , cheese , nacho cheese ,
sour cream , salsa, guacamole

Spicy Sweetcorn Fritters £9
(V)(VG)(GF)
Sweet chilli sauce , dressed
house salad

Fried Whitebait £9.50
Homemade tartar, dressed house
salad

BBQ Chicken Wings £9.50(GF)
Cornish blue cheese sauce , celery,
cucumber

Garlic Baguette £4 (V)(VG)(GF)
Smothered in sea salt , parsley,
roast garlic butter **ADD CHEESE £1**

Sides

Fries £4 (V)(VG)(GF)

Cheesy Fries £5(V)(VG)(GF)

House Salad £4(V)(VG)(GF)

House Slaw £4(V)(GF)

Onion Rings £5(V)(VG)(GF)

Nibbles

Olives £4(V)(VG)(GF)
Bowl of mixed marinated olives

Toasted Baguette £6.50(V)(GF)
Toasted sliced baguette , sea salt
butter and our olive , tomato , caper
and parmesan dipping pot

Halloumi Fries £6(V)(GF)
Red pepper pesto

Nibble Board £14(V)(GF)
Hummus , olives , sun-dried tomato ,
baked feta , pitta bread, dips

Classics

Fish & Chips £16.95 (GF)
Haddock in a tempura batter, mushy
peas, triple cooked chips , tartar sauce

Chermoula Chicken Kebabs £17 (GF)
Roast paprika potatoes , charred
peppers , red onion , crispy gem , mint
yoghurt ,pitta bread

Pork Belly £17.50 (GF)
Sweet potato mash, tender stem
broccoli, Rattler sauce

Beef Brisket Chilli £15.50(GF)
Slow cooked beef brisket chilli,
Steamed rice , cheesy nachos, sour
cream , guacamole , salsa

Mixed Bean Chilli £14.50
(V)(VG)(GF)
Steamed rice , cheesy nachos,
sour cream, guacamole , salsa

Market Fish £POA(GF)
Grilled fish , dressed house salad ,
buttered new potatoes , caper and
lemon butter

PLEASE INFORM A MEMBER OF STAFF OF ANY FOOD ALLERGENS BEFORE ORDERING

PLEASE STATE WHEN ORDERING IF YOU ARE VEGAN OR VEGETARIAN

GLUTEN FREE = PLEASE INFORM US IF YOU ARE GLUTEN FREE

POA= PRICE ON ARRIVAL

OUR KITCHEN CONTAINS FLOUR, NUTS, SHELLFISH AND OTHER ALLERGENS SO

WE CANNOT GUARANTEE 100% ANY CROSS OVER

Summer Salads

Goats Cheese £12(V)(GF)

Grilled with thyme and garlic on a roasted crouton , red pepper , olive tomato salad , red pesto dressing

The Fort Caesar £14(GF)

Grilled chicken , herb croutons , parmesan , crisp baby gem homemade caesar dressing

Smoked Mackerel £13(GF)

Pickled red onion , beetroot , sundried tomato , new potatoes, horseradish dressing

Pizza Italian 12inch Stone Baked Pizza

All pizza's can be Gluten Free

Margherita £12.50(V)

Tomato sauce , three cheese's

BBQ Pulled Pork £14.50

Roast red pepper , red onion , BBQ sauce , cheddar , mozzarella

Sweet Chili Chicken £14.50

Tomato base ,red onion, roast pepper cheddar, mozzarella

Chilli Brisket £15

Slow cooked chilli base , roast pepper , red chilli , cheddar , mozzarella , sour cream

Baguettes 12-5pm

Cornish Cheddar & Chutney £9

Served with tortilla chips and house salad (V)(GF)

Smoked Blt £10(GF)

Served with tortilla chips and house salad

FLT £10.50(GF)

(Fish finger , lettuce and tomato)
Served with tortilla chips and house salad

BBQ Pulled Pork £10(GF)

Served with tortilla chips and house salad

Honey Roast Ham £9.50(GF)

(Honey roast ham , piccalilli and baby gem)
Served with tortilla chips and house salad

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Burgers

All burgers served in a brioche style roll , baby gem , beef tomato , red onion chutney then served with a side of fries and house slaw

The Fort £15(GF)

Sea salt and pepper burger , smoked streaky bacon Monterey Jack cheese

The Smoking Pig £17(GF)

Sea salt and pepper burger , BBQ pulled pork, smoked streaky bacon and Monterey Jack cheese

The Messy Cow £17(GF)

Sea salt and pepper burger , slow cooked beef brisket chilli , Monterey Jack cheese , sour cream

The Black & Blue £16.50(GF)

Sea salt and pepper burger , Cornish blue cheese , portobello mushroom

The Tex Mex £16.50(GF)

Grilled chicken fillet , tortilla chips , salsa , guacamole, sour cream, nacho cheese

The Hunters £16.50(GF)

Grilled chicken fillet , smoked streaky bacon , BBQ sauce Monterey Jack cheese

The Green Field £15(V)(VG)(GF)

Aromatic garden burger , pickled red onion, Cornish yarg cheese

The Messy Veggie £15(V)

Spicy bean burger , roast red peppers Monterey Jack cheese