

STARTERS

PANKO BRIE BITES (V) Crispy bites with creamy Brie, served with our homemade cranberry mayo	£7	CHILLI & GARLIC PRAWNS (DFO) (GFO) Peeled tiger prawns and chorizo in garlic and chilli oil, served with toasted focaccia bread	£8
SALT & PEPPER CHICKEN (DF) (GFO) Crispy battered chicken chunks tossed with chilli, spring onion and salt and pepper seasoning, with teriyaki sauce	£8	SOUP OF THE DAY (V) (DFO) (GFO) Our homemade soup served with toasted focaccia bread and Cornish sea salt butter	£7

STEAKS

All our steaks are dry-aged and butchered right here by us. Expertly flame-grilled to your liking. All steaks come with one sauce of your choice free; extra sauces are £2.50 each. See our separate steak menu for cuts, sizes and prices.

RUMP Packed full of flavour, a lean, juicy steak
FILLET The most tender cut of beef, buttery and exceptionally lean
SIRLOIN Nicely marbled with a good layer of top fat
RIBEYE Highly marbled with lots of fat and full-on beefy flavour
TOMAHAWK An impressive bone-in rib steak, dry-aged for 28 days for exceptional tenderness and a deep, rich flavour. Perfect for sharing. Best served medium to medium rare.

MAKE IT SURF & TURF	+£6
Add garlic butter king prawns to any steak	

SIDES

£4.95	
BEEF DRIPPING CHIPS Cornish sea salt	SKINNY FRIES (V) (VG) Cornish sea salt
BUTTERED GREENS (V) (VGO) Buttered seasonal greens with black pepper	BUTTERED MASHED POTATO (V) Seasoned, creamy mashed potato
£5.95	
MAC & CHEESE Four cheeses and bacon crumb	GRILLED MUSHROOMS Beef fat garlic butter
SPICED ROASTED CARROTS (DF) (GF) Cumin-spiced, twice-cooked carrots	BACON-BUTTERED CABBAGE Buttered cabbage with crispy smoked bacon and cracked black pepper
GREEN SALAD (V) Served with lemon dressing	CAULIFLOWER CHEESE (V) Cheese sauce, mozzarella and herb crumb
FRIED TENDERSTEM (GF) Lightly fried and finished with lemon, Parmesan and cracked black pepper	SPINACH GRATIN (V) Creamed spinach and leeks baked with cheese until golden

SAUCES

Extra sauces £2.50 each.

Cornish Blue Cheese / Korean Peppercorn / Garlic & Herb Butter / Jack Daniel’s Whiskey Teriyaki / Chimichurri

CLASSICS

SALT & PEPPER CHICKEN RICE BOWL	£17	28 DAY DRY-AGED BURGER (VO) (VGO)	£18
BESTSELLER (DF) (GF) Asian-inspired rice bowl cooked with onions and peppers, topped with teriyaki sauce and a hot honey drizzle			
UPGRADE TO STEAK	+£6	DRY-AGED BEEF STROGANOFF	£18
FAJITA WRAPS / CHEF’S PICK (VO) (DF)	£17		
Marinated pork, peppers, onions and mushrooms in our homemade fajita seasoning		PASTA CARBONARA (VO)	£17
UPGRADE TO STEAK	+£6	Smoked bacon with tagliatelle pasta, cooked with shallots in a creamy garlic sauce, topped with Parmesan and bacon crumb.	
THE FORGE COTTAGE PIE (VO)	£18	MARKET FISH	£17
A rich blend of our dry-aged Trevarthen’s beef cuts, slow-cooked in our signature gravy and topped with creamy mashed potato. Served with buttered seasonal greens.		Newlyn-landed fish, mash, buttered greens and samphire	

CARVERY

Served every Thursday, Friday, Saturday and Sunday, at lunch and during the evening.
A selection of locally sourced, slow-cooked RJ Trevarthen meats. A choice of fresh vegetables, roast potatoes, cauliflower cheese, Yorkshire puddings, stuffing and signature gravy.

Large £21.95 | Standard £19.95 | Small £17.95 | Vegetable £16.95
Nut Roast £17.95 | Children’s £14.95 | Takeaway Carvery £17.95

SUNDAY: KIDS EAT FREE

Kids aged 12 and under eat free with any adult meal. Terms and conditions apply.

BUY FIVE CARVERIES AND GET ONE FREE

Ask a member of our team for more information.

Please let your server know if you have any allergies or intolerances. An allergen matrix is available on request.
(V) Vegetarian | (VO) Vegetarian Option | (VG) Vegan | (VGO) Vegan Option
(GF) Gluten Free | (GFO) Gluten Free Option | (DF) Dairy Free | (DFO) Dairy Free Option
All menu prices are shown in pounds sterling and include VAT at the current rate of 20%.