



OCTOBER MENU

WE LOVINGLY CREATE A NEW MENU EVERY MONTH FILLED WITH DELICIOUS MEALS MADE FROM FRESH, LOCAL AND SEASONAL PRODUCE!

www.trulys.co.uk 01202 757 479

Nibbles

Bite sized treats to enjoy before or with your meal

SALTED CHILLI HABAS FRITAS (vg, gf)	3
BALSAMIC PICKLED ONIONS (vg)	3
SMOKEY SALAMANCA PITTED OLIVES (vg, gf)	3.5
TOASTED MIXED NUTS WITH GARLIC & ROSEMARY (vg, gf)	3
FETA STUFFED PEPPADEW PEPPERS (gf)	4
HOME BAKED BREAD WITH FLAVOURED BUTTER, OLIVE OIL & BALSAMIC VINEGAR (vg, gfo)	4.5
TWO POOLE BAY OYSTERS STRAIGHT UP LEMON & SHALLOT VINEGAR (gf) OR BAKED WITH CREAMY LEEKS AND CHIVE CRUMB	6

Small Plates

Enjoy as a starter, mix and match together or go large as a main!

BRETON STYLE FISH SOUP (gfo) Saffron rouille, gruyere cheese, garlic croutons	7.5 / 14
CHORIZO & POTATO BRAVAS Smoked paprika mayonnaise, basil, crispy onions	6.5 / 11
CRISPY KATSU CHICKEN WINGS OR CAULIFLOWER POPCORN (vg) Tossed in a katsu curry sauce, sweet pickled ribbons of carrot & cucumber	8.5 / 16
BAKED SOMERSET CAMEMBERT (gfo) Roast fennel, dill, preserved lemon & honey served with home baked bread & pitta	12

Big Plates

Modern classics with a Truly's twist!

TRUFFLED VEGETABLE LASAGNE (vg) Toasted garlic bread, seasonal salad	17
PAN FRIED FILLET OF TURBOT (gfo) Roasted baby potatoes, tenderstem broccoli, caper & lemon beurre noisette	20
NAVARIN OF ENGLISH LAMB (gf) Rich lamb stew, baby vegetables, rosemary potato puree	18.5
PAN ROASTED BREAST OF CORN FED CHICKEN (gf) Buttered Kale, creamy polenta, pan jus	18
GLAZED SEAFOOD CRÊPE Creamy sauce with prawns, mussels & hake, grilled with cheese served with fries & salad	18.5
WHOLE CRACKED BROWN CRAB (gfo) (Pre-order recommended) Garlic & herb mayonnaise, homemade bread, lemon & seasonal salad	28
CHATEAUBRIAND (Pre-order recommended) (gf) For two to share served with chunky thrice cooked chips, garlic & thyme roasted portobello mushroom & vine plum tomato, sauce bearnaise, watercress	60
LOBSTER THERMIDOR (Pre-order recommended) For two to share poached lobster glazed with a creamy sauce finished with vermouth, dijon mustard, chives & gruyere cheese, served with seasoned skinny fries, garlic aioli and seasonal salad (gfo)	56

vg = vegan
gf = gluten free
gfo = gluten free option available

Sunday Roast Dinners

Freshly cooked to eat in or take home!

All served with garlic & herb roast potatoes, Yorkshire pudding (gfo), mustard & rosemary roast parsnips, orange & fennel seed roast carrots, sautéed savoy cabbage and gravy/veggie gravy

CHOOSE FROM:

SIRLOIN OF BEEF	£15
HONEY MUSTARD GAMMON	£14
CHICKEN BREAST	£13.5
VEGGIE BEETROOT, KALE & GOATS CHEESE WELLINGTON	£12
VEGAN PUMPKIN & POLENTA LOAF (GF, VEGAN)	£12