

SPECIALS NIGHTS



WEDNESDAY CURRY NIGHT

START WITH
**POPPADUMS PICKLES
CHUTNEYS PAKORAS**

FOLLOWED BY A CHOICE OF
**HOMEMADE, SLOW COOKED CURRY,
BASMATI RICE, & FLATBREAD.**

19.50 pp

*AVAILABLE TO TAKEAWAY

STEAK NIGHT THURSDAYS £22.50

8OZ SIRLOIN

With giant salt & pepper onion rings, thyme roasted tomato, crushed minted peas & chunky chips

CHOOSE YOUR SAUCE:

GREEN PEPPERCORN OR
BLUE CHEESE & MUSHROOM SAUCE

**+ GARLIC TIGER PRAWNS
£28.00**

Sunday lunch SUNDAY SESSIONS

12-4 PM

1 COURSE £15.50 2 COURSES £22.50 3 COURSES £29.50

TAKEAWAY AVAILABLE

OPENING HOURS

WEDNESDAY – SATURDAY Food 5-9pm / Bar 5 -11pm

SUNDAY Food 12-4pm bar 12-6pm

*TAKEAWAY & COLLECTION AVAILABLE ON
WEDNESDAY CURRY NIGHT, FRIDAY FISH CHIPS & FIZZ
& SUNDAY LUNCH.

FRIDAY FISH, CHIPS & fizz

YOUR CHOICE OF

BATTERED FRESH HADDOCK FILLET (gf)

SCAMPI

ASK FOR OUR OTHER WEEKLY FISH SPECIALS

ALL £18

CORNISH LOBSTER

With lemon & garlic butter or thermidor
Half £30 Whole £40

RINGERS SURF & TURF

Pan seared 8oz Sirloin steak with half a lobster
(lemon & garlic butter or thermidor)

£40

All Served With Chunky Chips, Crushed
Minted Peas, Tartare Sauce, Lemon
Wedge & A Glass Of Prosecco!

*Available to takeaway

SATURDAY

Combo NATION

A DELICIOUS COMBINATION SENSATION

CHOOSE TWO MAINS FOR £22.50

MAPLE MARINATED PORK RIBS
WITH FRESH SAGE & COARSE BLACK PEPPER (gf)

STICKY SWEET CHILLI & MARMALADE (gf)
GLAZED CHICKEN WINGS

SOY, GARLIC & GINGER CRISPY
TENDER STEM BROCCOLI (gf) (vg)

Served with

Savoury wild rice salad

Hot buttered corn cob

Celeriac, Granny Smith & toasted fennel seed slaw

Hot Buttered jacket potato

& our NEW Ring 'O' Bells Pomegranate & chilli dressing

Ring O' Bells

Est. 1435

FREEHOUSE

RESTAURANT

BAR

COCKTAILS

MENU

OUR HISTORY

IN 1433 SIR JOHN ARUNDELL SPONSORED THE BUILDING OF THE BELL TOWER OF ST.COLUMB PARISH CHURCH. IN 1435 TWO COTTAGES ACROSS THE STREET FROM THE CHURCH WERE JOINED TOGETHER AND BECAME THE RING O' BELLS PUB AND INN. IT HAS BEEN IN CONTINUOUS BUSINESS EVER SINCE. THE RING O' BELLS IS THE OLDEST PUB IN ST.COLUMB MAJOR & ONE OF THE OLDEST IN CORNWALL.

OUR FOOD

OUR BELIEF IS TO TRY AND SOURCE AS MANY AMAZING INGREDIENTS AS LOCALLY GROWN AND CORNISH AS POSSIBLE. ALL OUR LAMB, PORK AND BEEF IS SOURCED FROM SUSTAINABLE, SLOW GROWN AND SMALL PRODUCER SUPPLIERS, FOR WHICH WE COULDN'T BE MORE PROUD. NOT ONLY DOES THIS MEAN THAT WE CAN SHOWCASE THE VERY BEST OF THESE PRODUCTS, BUT IT SUPPORTS OUR WONDERFUL INDEPENDENT FARMERS.

INGREDIENTS

WHEREVER POSSIBLE, WE SOURCE ALL OUR FRESH INGREDIENTS FROM LOCAL SUPPLIERS & GROWERS. FISH DISHES MAY CONTAIN SMALL BONES. SOME PRODUCTS MAY CONTAIN NUTS, PLEASE SEEK ADVICE FROM A TEAM MEMBER. TO THE BEST OF OUR KNOWLEDGE, NONE OF THE FOOD WE SELL ON OUR MENUS CONTAINS GM SOYA OR MAIZE INGREDIENTS.



PLEASE MAKE A MEMBER OF STAFF AWARE OF ANY DIETARY REQUIREMENTS OR ALLERGIES.

(gf) Gluten Free (df) Dairy Free (v) Vegetarian (vg) Vegan

STARTERS

- Homemade Soup of the Day (vg)**
With toasted ciabatta
- Crispy Whitebait & Devilled Popcorn Mussels**
With homemade lemon & spring onion tartare sauce
- Stir Fried Mixed Garlic Mushrooms (v)**
Served on toasted ciabatta with a Cornish blue cheese, white wine & thyme cream sauce
- Breaded Triple Cornish Cheese Bomb (v)**
Blue, Davistow mature cheddar & brie, with an apricot, ginger & wholegrain mustard chutney & salad garnish
- Prawn, Smoked Salmon & Avocado Mayonnaise**
Served in a gin balloon with shredded lettuce, tomato, mixed peppers & a classic Marie-Rose dressing

MAINS

- Slow Roasted Marinated St Columb Lamb**
- Red Wine & Rosemary Roasted Cornish Beef**
- Cider & Balsamic Glazed Local St. Wenn Pork**
- Bacon Wrapped Rolled Breast of Turkey**
With a garlic mushroom stuffing
- Whole Portobello Mushroom, Leek & Blue Cheese Wellington (v)**
Served with a roasted vegetable gravy

Each dish is served with cauliflower & broccoli cheese, roasted carrots & celeriac, braised red cabbage, green beans & peas, crispy roasted potatoes, giant Yorkshire puddings & a rich roast gravy

HOMEMADE DESSERTS

- Sticky Toffee Pudding**
with butterscotch sauce
- Whiskey & Orange Bread and Butter Pudding**
With custard, ice cream or clotted cream
- Meringue Shells**
with cream & mixed berry coulis
- Chocolate Brownie (gf)**
with cream & mixed berry coulis
- Crumble of The Day**
with custard, cream or ice cream
- Frozen Black Cherry & White Chocolate Cheesecake Arctic Roll**
with cream & mixed berry coulis

1 Course £15.50 2 course £22.50 3 Course £29.50

Please make a member of staff aware of any dietary requirements or allergies.

STARTERS & LIGHT BITES

- Bread, Butter & Marinated Olives** 9.50
Toasted rosemary focaccia, whipped white truffle & Cornish sea salt infused Cornish butter.
- Homemade Soup of the Day (vg)** 8.50
With toasted ciabatta
- Crispy Whitebait & Devilled Popcorn Mussels** 9.50
With homemade lemon & spring onion tartare sauce
- Stir Fried Mixed Garlic Mushrooms (vg)** 8.50
Toasted ciabatta with a Cornish blue cheese, white wine & thyme cream sauce
- Breaded Triple Cornish Cheese Bomb (vg)** 8.50
Blue, Davistow mature cheddar & brie, with an apricot, ginger & wholegrain mustard chutney & salad garnish
- Prawn, Smoked Salmon & Avocado Mayonnaise** 9.50
Served in a gin balloon with shredded lettuce, tomato, mixed peppers & a classic Marie-Rose dressing
- Deep Fried Salt & Pepper Squid** 9.50
Served with salad garnish & Madras mayonnaise

CHILDRENS MENU

£12

- Breaded Chicken Strips** chips & peas
- Battered Fish** chips & peas
- Cheesy Penne Pasta Bolognese**
With rapeseed oil & rosemary garlic bread
- Cheese & Tomato Penne Pasta**
With rapeseed oil & rosemary garlic bread
- All children's meals include dessert**
2 scoops of Callestick ice cream: vanilla, strawberry or chocolate

SIDES

- Giant salt & pepper onion rings (gf) 4.50
- Fries (gf) 4.50
- Chunky chips (gf) 4.50
- Cheesy chips (gf) 5.50
- Sweet chilli cheesy chips (gf) 5.50
- Garlic & rosemary bread 4.50
- Cornish cheddar, garlic & rosemary bread 5.50
- House slaw 4.00
- Italian style side salad 5.50

ROB FAVOURITES

- Classic Bacon & Cheddar Beef Burger** 14.50
Served in a toasted seeded bun, with tomato relish, sliced tomatoes, lettuce, red onion, gherkins, house slaw & fries
- Southern Fried Chicken Burger** 15.00
Served in a toasted seeded bun, topped with bacon & cheddar, tomato relish, sliced tomatoes, lettuce, red onion, gherkins, house slaw, fries & Dijon mayo
- Moving Mountains Vegan Burger (vg)** 14.00
Served in a toasted seeded bun, with tomato relish, sliced tomatoes, lettuce, red onion, gherkins & fries (With or without cheese)
- Battered Fresh Haddock Fillet (gf)(df)** 16.50
Served with homemade tartare sauce, chunky chips, crushed minted peas & a lemon wedge
- Breaded Scampi** 15.00
With crushed minted peas, chunky chips & a Madras mayo
- Baked Triple Cheese Tortellini** 16.50
Finished with a Nduja infused rich minced beef, red wine & rosemary ragu. Topped with cheddar & served with rosemary garlic bread
- Baked Spinach and Ricotta Tortellini** 16.50
With a cauliflower, broccoli & blue cheese cream sauce, served with a rosemary & garlic bread
- Pan Seared Pork Loin Schnitzel** 22.50
Topped with a blue cheese, sage & honey butter. Served with fries, crushed minted peas & a madeira cream sauce
- Homemade Curry of the day** 16.50
Served with basmati rice, chutney & flat bread
- Soy, Garlic & Ginger Crispy (vg)(gf) Tenderstem Broccoli** 15.50
Served with crushed minted peas & chunky chips

8.50

- Sticky Toffee Pudding**
With butterscotch sauce
- Whiskey & Orange Bread & Butter Pudding**
With custard
- Meringue Shells**
With cream & mixed berry coulis
- Chocolate Brownie (gf)**
With cream & mixed berry coulis
- Crumble of The Day**
With custard, cream or ice cream
- Frozen Black Cherry & White Chocolate Cheesecake Arctic Roll**
With cream & mixed berry coulis
- Callestick Ice Cream (3 scoops of your choice)** 8.50
Vanilla, Strawberry, Chocolate, Clotted Cream & Blackcurrant, Rum & Raisin, Iced Latte & Lemon Swirl
*Vegan options available
- A Selection of Cheese & Biscuit** 10.50
Served with chutneys, celery & brandy soaked apricots

HOMEMADE DESSERTS

MASH IT UP

- Pan Seared Marinated Corn Fed Chicken Breast (gf)** 18.00
With a smoked bacon, shallot & white wine cream sauce
 - Slow Cooked Braised Ox Cheeks (gf)** 19.50
With a beef stock, molasses & rosemary sauce
 - Sage Roasted Cumberland Sausage** 17.50
Finished with a red onion, whole grain mustard & cider gravy
 - Baked Whole Portobello Mushroom (v)(gf)** 17.00
Topped with a creamed leek & blue cheese crumb & a garlic cream sauce
 - Smoked Haddock, Salmon, Cod & Prawn Fish Pie (gf)** 23.50
With a white wine, chive & spinach cream sauce
- All served with Dijon & mature cheddar mash, chard corn, green beans & peas

Ask about our SPECIALS OF THE DAY!

DESSERT COCKTAILS

9.50

- Blanco Italiano**
Velvet Disaronno, double cream, Khalua, Tan Dowr vodka. Adorned with chocolate & a Maraschino cherry
- Berlin Blonde**
Mooncurser spiced rum, double cream, Cointreau. Sprinkled with cinnamon
- Highlander Martini**
Haig orange, Kahlua, Espresso, chocolate liqueur & orange bitters. (Contains nuts)
- Folies Bergère**
Boxer gin, Chambord, tonic & raspberry sorbet
- The Orb**
Elemental gin, lemon & gin sorbet, Mediterranean tonic, edible flower & thyme
- Escape**
Classic Pina Colada, Bacardi, coconut puree, pineapple & lime, served with a frozen pineapple cube & edible flower
- Cancun Island Iced De-light**
Tequila blanca, lime juice, amber agave nectar & green apple sorbet, finished with a dusting of raspberry powder
- Caribbean Sunrise**
Knightor dry vermouth, triple sec, Bacardi, Havana Club, grenadine, orange juice, garnished with orange & a Maraschino cherry