

BREAKFAST / BRUNCH

last orders: Mon-Fri 11.45am // Sat 12.30pm // Sun 1.15pm

OUR FAMOUS AMERICAN PANCAKES

A show-stopping stack of fluffy pancakes made with free-range eggs and low-fat buttermilk [G, E, M]

- Apple & cinnamon compote, honeycomb crunch & caramel sauce [M]
 - Rodda's butter & pure maple syrup [M]
 - Blueberries, strawberries & pure maple syrup
- Greek yoghurt (or VG), home-made berry compote, granola [M, N]
 - Cornish caramel, choc chip & banana [M, Sy]

VG / GF:
just ask

4-stack	3-stack	kids'-stack (2)
12.50	10.50	8.50

add a scoop of Callestick vanilla ice-cream [M] 2.20

add a scoop of Rodda's clotted cream [M] 1.80

add two slices of Kittow's smoked back bacon 3.00



ORANGE JUICE 4.00

Really, really good with juicy bits

FRITTATA

V, GF [E, M]

St Mawes free range egg, Cornish potato, leek, spring onion, spinach, cherry tomato, red pepper, feta, courgette, herbs

comes with either (choose one):

- smokey beans with feta [E, M]
 - two slices of Kittow's smoked bacon
 - two slices of sourdough toast (GFA)
 - roasted tomatoes with basil
- 9.50

BACON ROLL

GFA

Three slices of Kittow's smoked back-bacon, done how you like them and in a soft, lightly-buttered [M] then griddled ciabatta roll, and your choice of sauce.

7.20

add brie 1.80

YOGHURT BOWL

[M] VGA

Thick Greek-style yoghurt, topped with fresh blueberries, banana, strawberries, red-berry compote and house granola

7.20

SMOKEY BEANS on SOURDOUGH

VG, GFA

A generous pile of our house smoky beans topped with (optional) feta [M] and served on two sourdough toasts.

9.50

add two slices of Kittow's smoked back bacon 3.00

GIANT SAUSAGE ROLL or VEGAN SAUSAGE ROLL

St Agnes Bakery's giant :

- pork & apple sausage roll [G, E, Ss], or
- vegan not-sausage roll with garlic & onion [G, Sy]

comes with either (choose one):

- our house smokey beans and feta [M]
 - roasted tomatoes with basil
- 9.50

REAL FRUIT SMOOTHIES

All fruit, no syrup or nasties and made with apple juice

- **pink:** strawberry & banana
- **yellow:** pineapple, papaya & mango
- **purple:** acai, strawberry, blueberry & mango
- **green:** kale, lemongrass, banana, mango

4.90

If you have any allergies or intolerances, please let us know. Although we take great care, items are made in an environment that uses peanuts and other allergens. Allergens are shown in red. C = celery, E = egg, G = gluten, M = milk, Ms = mustard, N = nuts, PN = peanuts, Ss = sesame, Su = sulphites, Sy = Soya.

2023-07-24

LUNCH

orders after: Mon-Fri 12pm // Sat 12.45 // not available Sundays

FRITTATA

[E, M] V, GF

St Mawes free range egg, Cornish potato, leek, spring onion, spinach, cherry tomato, red pepper, feta, courgette, herbs.

comes with either (choose one):

- your choice of one or two super-salads (see below)
- smokey beans with feta [E, M]
- two slices of sourdough toast (GFA)
- roasted tomatoes with basil & balsamic glaze

9.50

add super-salad side 4.80

GIANT SAUSAGE ROLL or VEGAN SAUSAGE ROLL

St Agnes Bakery's giant...

- pork & apple sausage roll [G, E, Ss], or
- vegan sausage roll with garlic & onion [G, Sy] VG

comes with either (choose one):

- your choice of one or two super-salads (see left)
- smokey beans with feta [E, M]
- roasted tomatoes with basil & balsamic glaze

10.50

add super-salad side 4.80

TODAY'S SOUP

GF, VG

Please ask for today's flavour.

comes with either (choose one):

- two slices of sourdough
- a bag of of Burt's crisps

7.90

add super-salad side 4.80

TOASTED SOURDOUGH SANDWICHES

- Kittow's Cornish ham & mature cheddar [G, M] (with or without caramelised onion chutney [G, Su])
- griddled halloumi, chilli jam, roasted red pepper, spinach, [G, Su, Sy, M]
- pesto, mozzarella, sun-dried tomato, spinach [G, M] VGA
- pastrami, emmental, gherkin & mustard mayo (served on a bagel, not sourdough) [G, Su, E, M, Ms]

comes with:

- a leafy salad

10.50

add super-salad side 4.80

SMOKEY BEANS on SOURDOUGH

VGA, GFA

A generous heap of our house smokey beans topped with feta [M] and served on two sourdough toasts

9.50

SUPER-SALADS

GF, VG or VGA

As a main or a side, choose one or a mix of...

our super-Greek: tomatoes, red onion, feta, cucumber, butter beans, , peppers, olives, red onion, oregano, mint, parsley with a balsamic dressing [M, Ms, Su]. (GF VGA)

citrus potatoes: roasted new potatoes, flat-leaf parsley, garlic, lemon zest, smoked salt (VG, GF)

house slaw our amazing house slaw with capers, spring onion, sugar snaps & radish [Ms]

main – choose up to three 9.00

side – choose up to two 4.80



COLD DRINKS



Tried our
home-made cloudy
still lemonade yet?
Oh my...

4.30

REAL FRUIT SMOOTHIES

- the **pink** one: strawberry & banana
- the **yellow** one: pineapple, papaya & mango
- the **purple** one: acai, strawberry, blueberry & mango
- the **green** one: kale, lemongrass, banana, mango

with apple juice 4.90

with coconut milk [N, Sy] + 50p

Just fruit,
no nasties.
So healthy!



JUICE & WATER

homemade cloudy lemonade 4.20

really good orange juice with bits 4.00

cloudy apple juice 3.60

Innocent smoothie (kids' carton) 2.30

Cawston press juice (kids' carton) 2.00

Westcountry Spring water 1.50 / 3.00

FIZZY

Jack's amazing local kombucha 4.50

Luscombe ginger beer 3.80

Cornish Orchards elderflower bubbly 3.80

Cornish Orchards sparkling apple (can) 3.20

Cornish Orchards apple & rhubarb (can) 3.20

Fentiman's cola 3.80

Fentiman's rose lemonade 3.60

ICED COFFEE & TEA

See the 'coffee & hot drinks' page.

ALCOHOL

BEER, LAGER & CIDER

Harbour Ales IPA, 330ml, 4.8% [B, G] 5.50

Harbour Lager, 330ml, 4.8% [B, G] 5.50

Cornish Orchards cider, 500ml, 5% [Su] 6.00

WINE, BUBBLY & SPIRITS

Singles

Red, white or rosé [Su] 5.50 (please ask what's in)

Maschio extra dry Prosecco [Su] 6.50

Mimosa (prosecco & orange juice) [Su] 7.50

Bottles (750ml)

Mumm champagne [Su] 42.00

Extra dry Prosecco [Su] 19.00

Bread & Butter pinot noir 25.00

RED

Bread & Butter rosé [Su] 25.00

ROSE

(from Napa Valley, this happens to share our name and – and be very drinkable!)

Definition Zinfandel [Su] 19.00

RED

Definition Gavi [Su] 19.00

WHITE

If you have any allergies or intolerances, please let us know. Although we take great care, items are made in an environment that uses peanuts and other allergens. Allergens are shown in red. C = celery, E = egg, G = gluten, M = milk, Ms = mustard, N = nuts, PN = peanuts, Ss = sesame, Su = sulphites, Sy = Soya.

COFFEE & HOT DRINKS

COFFEE

a double-shot of Origin Resolute or decaf.

- flat white [M] 3.20
- latte / cappuccino [M] 3.40
- flat eric (our flat white americano cross) [M] 3.20
- americano 3.00
- espresso 2.50
- cortado [M] 2.70
- macchiato [M] 2.60
- mocha [M] 4.00

- iced americano 3.40
- iced latte [M] 3.80
- iced mocha [M] 4.40

extra shot of coffee 60p

syrup: vanilla / hazelnut / caramel / chai / cinnamon 70p

MORE HOT DRINKS

- Origin hot chocolate [M] 3.60
- white hot chocolate [M] 3.60
- kids' hot chocolate [M] 2.90
- turmeric latte [M] 4.10
- chai latte [M] 3.40
- babycino [M] 1.60
- add squirty cream [M] 50p
- add marshmallows 50p

PREFER PLANT POWER?

- oat [G, Sy]
- almond [N, Sy]
- coconut [N, Sy]

40p



Extra hot? Extra large? One shot?

However you like your coffee, just let us know.



TAKE
HOME A
BAG FROM
OUR SHOP

Origin
coffee roasters

We are proud to use Origin coffee. This multiple award-winning Cornish roastery is renowned across the coffee world for the quality of their product. Their ethical approach goes beyond fair trade to source coffee directly from the coffee farmers, for a more supportive relationship for the farmers and their families. We have regular top-up training from Origin to make sure the coffee we serve is just the way it should be. We hope you enjoy it...

TEA

- Clipper English breakfast
- Clipper English breakfast decaf
- Clipper Earl Grey
- Clipper green
- Clipper three mint
- Clipper chamomile
- Clipper lemon & ginger
- Pukka chai
- Clipper red berry & hibiscus

large mug 2.50
pot for one 3.75
pot for two 4.50

SOMETHING SWEET?

BREAKFAST PASTRIES

cinnamon thingy [E, G, M] 3.60

Made exclusively for us, this swirl of flaky pastry is generously coated with cinnamon and sugar. Our most popular pastry by far.

posh pain au chocolat [E, G, M] 3.60

Officially called a 'pain suisse' this crispy, flaky, light pastry has a line of rich chocolate running through, and is dusted with icing sugar.

kouign-amann [G, M] 3.60

From Brittany, these are so simple but oh so delicious. Buttery, sugary pastry with honey – crispy on the outside and soft and gooey on the inside. Life changing.

croissant [E, G, M] 2.80

A large, buttery, light-as-a-cloud proper French croissant. Served on its own to dunk in your coffee or hot chocolate, like the French do!

Add Rodda's butter & Cornish Larder jam/marmalade 1.50

almond croissant [E, G, M, N] 3.80

Made by proper French patisserie chefs, these croissants are filled with the perfect almondy gooey frangipane.

pain au raisin [E, G, M] 3.60

This classic French pastry is hard to beat.

BAKES

double-choc brownie (GF) [E, Sy, M] 3.60

Our famous brownies, made right here, every day. A mouth-watering and generously-sized square with chocolate chips.

Even better warm with a scoop of local ice cream [M] 2.50

today's house muffin (DF) [G, E, Sy, Su] 3.60

Made right here every day, fluffy, light and enduringly popular.

apricot & ginger house flapjack (GF) [M, Su] 3.60

Made with dried apricot and crystallised ginger, oh my these are good. [GF if you can tolerate oats]

house bakewell slice (VG) [G, N] 3.50

Shortcrust pastry base with a layer of raspberry jam and a lovely almondy frangipane, and topped with toasted flaked almonds. *Even better warm with a scoop of local ice cream [M] +1.50*

almond & raspberry friande (GF, VG) [N] 3.60

A pretty little cake, densely packed with ground almonds and fresh raspberries and topped with pink icing.

lemon & pistachio polenta cake (GF) [E, M, N] 3.60

Fresh-tasting, lemony polenta cake with a pistachio topping.

gazillionaire slice (GF, VG, nut free) [Sy] 3.80

One of Exploding Bakery's most decadent treats. A layer of oats & dates topped with caramel and finished with dark chocolate. [GF if you can tolerate oats]

CORNISH ICE CREAM

A tub of Callestick's amazing Cornish clotted cream ice cream:

- Vanilla [M]
- strawberries & cream [M]
- double chocolate fudge [M, Sy]
 - blood orange sorbet

3.50

TODAY'S HOUSE CAKE

Please ask us for today's

4.60

Allergens: please ask.