

# BREAKFAST / BRUNCH

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

## 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, Su]
  - Rodda's butter & pure maple syrup [M]
  - Blueberries & 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] 9.50

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
- sourdough toast and butter (VGA, GFA)
- roasted tomatoes with basil

### MISO MUSHROOMS VG, GFA [G, Sy] 7.90

Mushrooms cooked with miso and a hint of maple syrup, served on sourdough toast with Oatly crème fraiche, and sprinkled with parsley.

### BACON ROLL GFA [G, M] 7.20

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.

add brie 1.80

### BREAKFAST BAGEL 6.50

Max's fantastic bagels toasted and topped with cream cheese [M], chipotle chilli flakes and drizzled with honey

### SMOKEY BEANS on SOURDOUGH VG, GFA [G] 9.50

A generous pile of our house smoky beans topped with (optional) feta [M] and served with sourdough toast & butter (VGA, GFA).

add two slices of Kittow's smoked back bacon 3.00

### SAUSAGE ROLL or VEGAN SAUSAGE ROLL 9.50

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

### YOGHURT BOWL [M] VGA 7.20

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

### APPLE CRUMBLE VG, GF 5.50

Homemade and an amazing breakfast.

comes with either (choose one):

- Callestick vanilla ice-cream [M]
- Cornish clotted cream

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.

2024-01-29

# LUNCH

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

**FRITTATA** [E, M] V, GF 9.50

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]
- sourdough toast with butter (VGA, GFA)
- roasted tomatoes with basil & balsamic glaze
- super-salad (see bottom right) +2.00

**MISO MUSHROOMS** VG, GFA [G, Sy] 7.90

Mushrooms cooked with miso and a hint of maple syrup, served on sourdough toast with Oatly crème fraiche, and sprinkled with parsley.

**GIANT SAUSAGE** or **VEGAN ROLL** 9.50

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):

- smokey beans with feta [E, M]
- roasted tomatoes with basil & balsamic glaze
- super-salad (see bottom right) +2.00

**CHILLI NON-CARNE** VGA, GF 7.90

Our house vegan chilli, with two types of bean, lentil, red pepper and onion in a rich, warming, gently spiced tomato sauce, served with flatbread, jalapenos, coriander and topped with yoghurt [M] VGA

**TODAY'S SOUP** GF, VG 7.90

Please ask for today's flavour.

comes with either (choose one):

- toasted sourdough
- a bag of of Burt's crisps
- super-salad (see right) +2.00



**TOASTED SANDWICHES** 10.50

- Kittow's Cornish ham & mature cheddar in toasted sourdough [G, M]  
(with or without caramelised onion chutney [G, Su])
- griddled halloumi, chilli jam, roasted red pepper, spinach in toasted sourdough [G, Su, Sy, M]
- pastrami, emmental, gherkin & mustard mayo in toasted bagel [G, Su, E, M, Ms]
- vegan 'pastrami', vegan 'mozzarella', vegan mayo, gherkin in toasted bagel [G, Su, Ms]
- *today's special sandwich – please ask*

comes with:

- house salad, or
- super-salad (see bottom right)

**SMOKEY BEANS** VGA, GFA 9.50  
on **SOURDOUGH**

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

**ALPINE POTATOES** V 7.00

Cornish potatoes, sprinkled with smoked seasalt and oozing with two melted Swiss cheeses and cheddar.

*add chorizo crumb & gherkin +50p each. [M]*

*add smokey beans 3.00*

*add super-salad (see below) +4.80*

**THIS WEEK'S SALAD** GF, VGA

**TARRAGON & BEAN** : blanched green beans, raw spinach, fresh tarragon, radish, peas, crumbled feta [M], pomegranate seeds, toasted seeds with a citrus vinaigrette [Ms, Su]

Main 9.00  
Side 4.80

# COLD DRINKS

## REAL FRUIT SMOOTHIES with apple juice

- 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

Just fruit,  
no nasties.  
So healthy!

4.90



## JUICE & WATER

- 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  
San Pellegrino limonata (can) 3.20  
Cornish Orchards elderflower bubbly 3.80  
Cawston Press sparkling apple (can) 3.20  
Cawston Press 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 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

### Glass 200ml

8.00

- When in Rome Nero d'Avola : award-winning fruity red  
When in Rome pinot grigio : a good quality fruity white

- Maschio extra dry Prosecco [Su] 6.50  
Mimosa 6.50

These are all good quality wines, no cheap plonk here!

### Bottles (750ml)

- Mumm champagne [Su] 42.00  
Maschio extra dry Prosecco [Su] 19.00  
Bread & Butter pinot noir : very quaffable red 25.00  
Bread & Butter cabernet sauvignon : rich, fruity red 25.00  
(from Napa Valley, this happens to share our name and – and be very drinkable!)  
Baron de Guers Picpoul de Pinet [Su] white 22.00

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# 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
- 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
- add marshmallows 30p

## PREFER PLANT POWER?

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

40p

**BOOZEY  
BREW**  
Add a shot of  
Bailey's or  
brandy  
3.00

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 bun** [E, G, M] 3.60

DaBara's very famous cinnamon bun. Flakey on the outside, soft in the middle.

### **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 Cornish butter & 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.

## 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

## 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] 2.20*

### **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] +2.20*

### **almond & raspberry friand** (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]

## TODAY'S HOUSE CAKE

Please ask us for today's

4.60

Allergens: please ask.