



If you have any allergies or intolerances, please let us know. Although we take great care, this is 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.

BREAKFAST / BRUNCH : last orders 11.45am (1.15pm Sundays)

OUR FAMOUS AMERICAN PANCAKES

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

- Rodda's butter & pure maple syrup [M]
- blueberries, strawberries & pure maple syrup
- Cornish caramel, choc chip & banana [M, Sy]
- Greek yoghurt (or VG), home-made berry compote, granola [M, N]
 - lemon drizzle & blueberry



6-stack
14.20

4-stack
9.20

3-stack
8.20

2-stack
7.20

goes well with...

two slices of Kittow's smoked back-bacon 2.40

a scoop of Callestick clotted cream vanilla ice-cream [M] 1.50

FRITTATA

Made with St Mawes free range egg, Cornish potato, leek, spring onion, spinach, cherry tomato, red pepper, crumbled feta, courgette and herbs (V) [E, M]

5.30

goes well with...

smokey beans (VG) & feta [M] 2.40

two slices of Kittow's smoked back bacon 2.40

a slice of sourdough & Rodda's butter [M] 1.20

SMOKEY BEANS ON SOURDOUGH

Our house smokey beans topped with feta [M] and served on toasted sourdough (or Heinz if you prefer).

5.90

YOGHURT BOWL

Thick Greek (or VG) yoghurt, topped with house red-berry compote, home-made gluten-free granola, berries, sliced banana & toasted seeds [M, N]

5.95

FRESH SMOOTHIES

the **red** 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 4.80

with coconut milk +50p

TOASTED SOURDOUGH

Two slices of sourdough with Rodda's butter (or DF) and either marmite, jam, honey or marmalade [G, M]

3.50

SAUSAGE / NOT-SAUSAGE ROLLS

- St Agnes Bakery pork & apple sausage roll [G, E, Ss]
- our house mushroom, puy lentil & miso roll with walnuts (VG) [C, G, N, Ms]

5.90

goes well with...

our house smokey beans (VG) & feta [M] 2.40

BACON ROLL

Three slices of Kittow's smoked back-bacon in a soft, lightly buttered then toasted ciabatta roll [M, G]

5.70

goes well with...

smashed avocado 1.50

sliced brie [M] 1.50

2022-07-14

After your meal, please go out of the garden gate to our front door to pay.



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LUNCH : orders after 12 noon

FRITTATA

Made with St Mawes egg, Cornish potato, leek, spring onion, spinach, cherry tomato, red pepper, feta courgette and herbs. Served with a little salad [E, M]

6.20

goes well with...

super-salad 3.60

smokey beans (VG) and feta [M] 2.40

TOPLESS SOURDOUGH

A hearty slice of toasted white sourdough (or ask for GF) topped with smashed avo, fresh lime, coriander, pomegranate seeds, toasted seeds. [G]

Top with either feta (V) [M]
or grilled mixed peppers (VG)

7.50

goes well with...

super-salad 3.60

SUPER-SALADS

choose, one or a mix of...

Greek salad: cannellini beans, cucumbers, olives, tomatoes, red onion, oregano, mint, parsley with a balsamic dressing [Ms]

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

summer slaw: a tasty slaw with capers spring onion, sugar snaps & radish. (VG)

main 7.20

side 3.60

TOASTED SOURDOUGH SANDWICHES

DaBara's soft white sourdough [G] with

- Kittow's Cornish Ham, punchy mature cheddar [M] (with or without caramelised onion chutney [Su])
 - pastrami, emmental, gherkin & mustard mayo [Su, E, Ms]
- griddled halloumi, roasted red pepper, spinach, chilli jam [Su, M]
- pesto, mozzarella, sun-dried tomato, spinach (VG available) [M]
 - brie, spinach and cranberry [M]

7.95

goes well with super-salad 3.60

SAUSAGE (and not-sausage) ROLLS

- St Agnes Bakery pork & apple sausage roll. [G, E, Ss]
- our house mushroom & miso roll: mushroom, puy lentils, miso, fresh herbs, mustard, paprika and walnuts in puff pastry (VG) [C, G, Ms, N].

Served with a little salad

6.50

goes well with...

super-salad 3.60

smokey beans (VG) and feta [M] 2.40

TODAY'S SOUP

please ask for today's flavour

5.50

goes well with super-salad 3.60

sourdough [G] (or GF) & Rodda's butter [M] (or VG) 1.20

2022-07-14



Know someone who'd like a box of our home-made brownies in the post? Scan the QR code

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DRINKS AND CAKES

COFFEE & HOT CHOCOLATE

a double-shot of nationally famous,
locally-roasted Origin coffee

flat white 3.10

latte / cappuccino 3.20

Flat Eric (flat white meets americano) 3.00

americano 2.80

espresso 2.40

cortado / macchiato 2.50

hot chocolate 3.40

Aztec hot choc (w/ chilli & cinnamon) 3.80

kids' hot chocolate 2.80

mocha 4.00

turmeric latte 3.60

chai latte 3.20

oat [G] or almond [N] milk alternative 40p

extra shot of coffee 60p

syrup: 2 pumps of

vanilla / hazelnut / caramel / chai / cinnamon 70p

iced americano 3.00

iced latte 3.60

iced mocha 4.40

CAKES AND TREATS

our house double-choc brownie (GF) [E, Sy, M] 3.30

warm, with Callestick ice cream [M] 1.80

today's house muffin (DF) [G, E] 3.20

cinnamon thingy [G, M] 3.20

posh pain au chocolat [G, M, Sy] 3.20

kouign-amann [G, M] 3.20

croissant [G, M] 2.50

almond croissant [G, M, N] 3.20

house bakewell slice (VG) [G, N] 3.00

almond & raspberry frionde (GF, VG) [N] 3.00

today's house cake [allergens: please ask] 3.50

lemon & pistachio polenta cake (GF) [M, E, N] 3.50

seedy flapjack (GF) [M, Ss] 3.50

vegan brownie (VG) [N] 3.50

peanut butter & dark choc cookie (VG) [G, N, Sy] 1.60

Callestick's amazing clotted cream ice cream (tub)

vanilla | mint choc chip | strawberries & cream

honeycomb crunch | chocolate fudge

blood orange sorbet 3.50

TEA

Clipper English breakfast

Clipper English breakfast decaf

Clipper Earl Grey

Clipper green

Clipper chamomile

Clipper lemon & ginger

Pukka chai

Canton red berry & hibiscus

Canton rooibos

mug 2.00

small pot 3.75

lge pot 4.50

iced tea, glass 2.30

COLD DRINKS

Luscombe juice: orange or Devon apple 3.50

Luscombe elderflower bubbly 3.50

Fentiman's cola | rose lemonade | ginger beer 3.50

Coastal Spring water (support Lifeboats) 1.0 / 2.70

Cawston spklg apple | apple & rhubarb (can) 2.50

San Pellegrino limonata (can) 2.50

Jack's local kombucha 4.00

Innocent smoothie (kids' carton) 2.30

Cawston press juice (kids' carton) 1.80

HEAVENLY 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 4.80

with coconut milk + 50p

ALCOHOL

Harbour Ales IPA or lager, 330ml, 4.8% [G] 4.50

Cornish Orchards cider, 500ml, 5% 4.50

Wine: red, white or rose, [Su] sgl 5.50 / btl 16.50

Bread & Butter pinot / chardonnay / rose btl 20.00

Prosecco [Su] 6.50 / 18.00

Mimosa (prosecco & orange juice) [Su] 6.50

Bloody Good Mary 7.00

Opihr gin & tonic 6.50