

BREAKFAST / BRUNCH

last orders 11.45am (1.15pm Sundays)

OUR FAMOUS AMERICAN PANCAKES

A show-stopping stack of fluffy pancakes made with free-range eggs and 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

VG / GF:
just ask

6-stack
14.60

4-stack
9.60

3-stack
8.60

2-stack
7.60

goes well with...

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



ORANGE JUICE 3.80

Every bit as good as freshly-squeezed, we promise

FRITTATA

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

5.50

goes well with...

smoky beans [B, C, G] (VG) & feta [M] 3.00

two slices of Kittow's smoked back bacon 2.80

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

BACON ROLL

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

5.80

goes well with...

smashed avocado 1.50

sliced brie [M] 1.50

SMOKY BEANS ON SOURDOUGH

Our house smoky beans [B, C, G] topped with feta [M] and served on toasted sourdough [G] VG (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, fresh berries, sliced banana & toasted seeds [M, N]

5.95

SAUSAGE / NOT-SAUSAGE ROLLS

St Agnes Bakery's giant pork & apple sausage roll [G, E, Ss]

our house mushroom, puy lentil & miso roll with walnuts (VG) [B, C, G, N, Ms, Sy]

5.95

goes well with...

our house smoky beans [B, C, G] (VG) & feta [M] 3.00



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. B= barley, C = celery, E = egg, G = gluten, M = milk, Ms = mustard, N = nuts, PN = peanuts, Ss = sesame, Su = sulphites, Sy = Soya.

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...

our super-salad 4.80

smoky beans [B, C, G] (VG) and *feta* [M] 3.00

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



TOPLESS SOURDOUGH

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

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

7.50

goes well with...

super-salad 4.80

SUPER-SALADS

choose, one or a mix of...

- greek salad: butter beans, cucumbers, peppers, olives, feta, tomatoes, red onion, oregano, mint, parsley with a balsamic dressing [M, Ms, Su]. VG available
- citrus potatoes: roasted new potatoes, flat-leaf parsley, garlic, lemon zest, smoked salt (VG, GF)
- summer slaw: our delicious house slaw with capers, spring onion, sugar snaps & radish [Ms] (VG)

main 8.50

side 4.80

TOASTED SOURDOUGH SANDWICHES

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

7.95

comes with a little green salad and a blob of house slaw or upgrade to our super-salad 4.80

SAUSAGE / NOT-SAUSAGE ROLLS

St Agnes Bakery's giant pork & apple sausage roll. [G, E, Ss]

our house mushroom & miso roll: mushroom, puy lentil, miso, fresh herbs, mustard, paprika and walnuts in puff pastry (VG). [B, C, G, N, Ms, Sy]

6.50

comes with a little green salad and a blob of house slaw or upgrade to our super-salad 4.80
smoky beans [B, C, G] (VG) and *feta* [M] 3.00
side of caramelised onion chutney 1.00

TODAY'S SOUP

please ask for today's flavour

5.50

goes well with super-salad 4.80
sourdough [G] (or GF) & *Rodda's butter* [M] (or VG) 1.20



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COLD DRINKS

ICE-COLD SMOOTHIES

Just fruit, no nasties

- 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 [N, Sy] + 50p

MILKSHAKE

Just fruit and ice cream, no nasties

- strawberry
 - chocolate
 - banana
- with milk 4.80

ICED COFFEE & TEA

See the 'coffee & hot drinks' page.

JUICE & WATER

incredibly good orange juice 3.80
cloudy apple juice 3.50
Innocent smoothie (kids' carton) 2.30
Cawston press juice (kids' carton) 2.00
Cornish Coastal Spring water 1.20 / 3.00



Tried our homemade still
lemonade yet? Oh my it's good...
4.20

FIZZY

Jack's amazing local kombucha 4.50
Luscombe elderflower bubbly 3.50
Luscombe ginger beer 3.50
Fentiman's cola 3.50
Fentiman's rose lemonade 3.50
Cawston Press sparkling apple 2.80
Cawston Press sparkling apple & rhubarb 2.80
San Pellegrino limonata 2.80

ALCOHOL

BEER, Harbour Ales IPA, 330ml bottle, 4.8% [B, G] 5.50
LAGER & Harbour Lager, 330ml bottle, 4.8% [B, G] 5.50
CIDER 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] 5.50
Mimosa (prosecco & orange juice) [Su] 6.50
Bloody Good Mary with
horseradish-infused vodka [B, C, Ms] 6.70
Opihr gin & tonic 6.00

Bottles (750ml)

Mumm champagne [Su] 42.00
Bread & Butter pinot / chardonnay / rosé [Su] 25.00
(from Napa Valley, this happens to share our name and – and be very drinkable!)
Good red, white or rosé [Su] 16.50 (please ask what's in)
Extra dry Prosecco [Su] 16.50



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COFFEE & HOT DRINKS

COFFEE

a double-shot of Origin Los Altos or decaf.

flat white 3.10
latte / cappuccino 3.20
flat Eric (flat white meets americano) 3.10
americano 2.80
espresso 2.40
cortado / macchiato 2.60
mocha 4.00

iced americano 3.10

iced latte 3.60

iced mocha 4.40

extra shot of coffee 60p

syrup: 2 pumps of

vanilla / hazelnut / caramel / chai / cinnamon 70p

Extra hot? Extra large? One shot?
Just let us how you like your coffee,
and we'll do it your way.

MORE HOT DRINKS

Origin hot chocolate 3.40
kids' Origin hot chocolate 2.80
Aztec hot chocolate (chocolate, chilli & cinnamon) 3.80
turmeric latte 3.60
chai latte 3.20
babycino or littlecino 3.20

PREFER PLANT POWER?



oat [G, Sy]

almond [N, Sy]

coconut

+50p

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

large mug 2.50
pot for one 3.75
pot for two 4.50

HAVE ANY OF THESE TEAS ICED 2.50



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...



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SOMETHING SWEET?

BREAKFAST PASTRIES

cinnamon thingy [E, G, M] 3.50

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] 3.50

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] 3.50

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] 2.70

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

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

almond croissant [E, G, M, N] 3.50

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

CORNISH ICE CREAM & SORBET

A tub of Callestick's amazing
Cornish clotted cream ice cream [M]

- vanilla
- mint choc chip [Sy]
- strawberries & cream
- honeycomb crunch
- chocolate fudge [Sy]

or

- blood orange sorbet (VG)

3.50

make it an affogato

an espresso to pour over your ice cream

+2.40

TRAYBAKES

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

Our famous brownies, made right here, every day. A mouth-watering and generously-sized square with chocolate chips.
Warmed with a scoop of Callestick ice cream / clotted cream +1.50

vegan brownie (VG, GF) [N, Sy] 3.50

Exploding Bakery's dependable vegan and gluten free brownie. Great with a scoop of vegan ice cream.

today's house muffin (DF) [G, E, Sy, Su] 3.30

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

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

Shortcrust pastry base with a layer of raspberry jam and a lovely almondy frangipane, and topped with toasted flaked almonds.

almond & raspberry frionde (GF, VG) [N] 3.50

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] 3.50

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

seedy flapjack (GF if you can tolerate oats) [M, Ss] 3.50

A gooey treat of seeds (pumpkin, sunflower, sesame, linseed and poppy) and nuts (almond, hazelnut, walnut, pecan, pistachio).

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.

peanut butter & dark choc cookie (VG) [G, PN, N, Sy] 2.20

Made in-house, a delicious, moreish, good-sized (vegan) treat.

TODAY'S HOUSE CAKE

Please ask us for today's

4 to 4.50

Allergens: please ask.