

BREAKFAST / BRUNCH

Last orders: Mon-Fri 11.45am // Sat 12.15 // 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]
- Cornish 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]

4-stack
14.95

3-stack
12.95

kids'-stack (2)
9.95

add a scoop of Cornish vanilla ice-cream [M] 2.50

add a scoop of Cornish clotted cream [M] 2.00

add two slices of Kittow's smoked back bacon 3.50

VG / GF:
just ask

ORANGE JUICE

Really, really good with juicy bits 4.00

FRITTATA V, GF [E, M]

St Mawes free range eggs, British potato, leek, spring onion, spinach, cherry tomato, red pepper, feta, courgette, herbs/ 8.50

Add ons:

- + Smokey beans with feta [M, Su] 3.95
- + Two slices of Kittow's smoked bacon 3.50
- + Sourdough toast and butter (VGA, GFA) 2.50
- + roasted tomatoes with basil 3.00

MISO MUSHROOMS VG, GFA [G, Sy, Su]

Mushrooms cooked with miso and a hint of maple syrup, served on sourdough toast with Oatly crème fraiche, Balsamic glaze [Su] and sprinkled with parsley. 9.95

BACON ROLL GFA [G, M]

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. 7.50

add brie and cranberry sauce 2.00

SMOKEY BEANS on SOURDOUGH VG, GFA [G, Su]

A generous pile of our house smoky beans topped with (optional) feta [M] and served with sourdough toast & Cornish butter (VGA, GFA). 10.50

add two slices of Kittow's smoked back bacon 3.50

GIANT SAUSAGE ROLL

St Agnes Bakery's giant pork & apple sausage roll [G, E, Ss] 9.95

comes with either (choose one):

- + smokey beans with feta [M, Su] 3.95
- + two slices of Kittow's smoked bacon 3.50
- + sourdough toast and butter (VGA, GFA) 2.50
- + roasted tomatoes with basil 3.00

YOGHURT BOWL [M] VGA GFA

Thick Greek-style yoghurt, topped with fresh blueberries, banana, red-berry compote and granola 7.50

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.

LUNCH

orders after: Mon-Fri 12noon // Sat 12.30 // not available Sundays

FRITTATA [E, M] V, GF

St Mawes free range egg, British potato, leek, spring onion, spinach, cherry tomato, red pepper, feta, courgette, herbs 8.50

comes with either (choose one):

- + Smokey beans with feta [M, Su] 3.95
- + sourdough toast and butter (VGA, GFA) 2.50
- + roasted tomatoes with basil 3.00
- + super-salad (see bottom right)

MISO MUSHROOMS VG, GFA [G, Sy, Su]

Mushrooms cooked with miso and a hint of maple syrup, served on sourdough toast with Oatly crème fraiche [G], Balsamic glaze [Su] and sprinkled with parsley. 9.95

comes with:

- house salad, or
- super-salad (see bottom right) +5.20

GIANT SAUSAGE ROLL

St Agnes Bakery's giant pork & apple sausage roll [G, E, Ss] 9.95

Add ons:

- + Smokey beans with feta [M, Su] 3.95
- + sourdough toast and butter (VGA, GFA) 2.50
- + roasted tomatoes with basil 3.00
- + super-salad (see bottom right)

HOUMOUS & FALAFEL VG, GF [Ss]

Our home-made houmous, topped with crumbled falafel, seeds, pomegranate seeds and quick pickled red onion and served with toasted sourdough. 9.50

comes with:

- house salad, or
- super-salad (see bottom right) +5.20

SMOKEY BEANS on SOURDOUGH

A generous pile of our house Smokey beans VGA, GFA [G], topped with feta [M] and served on sourdough toast 10.50

TODAY'S SOUP GF, VG 7.90

Please ask for today's flavour. Comes with toasted sourdough & Cornish butter.

- + super-salad +5.20

TOASTED SOURDOUGH SANDWICH (GFA)

- **ham & cheese:** Kittow's Cornish ham & mature cheddar in toasted sourdough [G, M] (with or without caramelised onion chutney [G, Su]) 10.95
- **halloumi:** griddled halloumi, chilli jam, roasted red pepper, spinach in toasted sourdough [G, M] 10.95

comes with:

- house salad, or
- super-salad (see bottom right) +5.20

TOASTED MAX'S BAGEL (GFA)

- **pastrami,** Emmental, gherkin & mustard mayo in a toasted bagel [G, Su, E, M, Ms] VGA 10.95
- **brie,** cranberry and spinach in a toasted bagel [M, G] 10.95

comes with:

- house salad, or
- super-salad (see bottom right) +5.20

ALPINE POTATOES V

Cornish potatoes, sprinkled with smoked sea salt and oozing with two melted Swiss cheeses and cheddar. 7.50

add chorizo crumb & gherkin [Ms, Su] +75p each.

add Smokey beans [M, Su] +3.95

add super-salad (see below) +5.20

SUPER-SALADS

A *super salad* is a nutrient-packed, vibrant dish that combines a variety of fresh vegetables, fruits, and proteins for a healthy, satisfying meal. We aim to make them with seasonal and local produce.

Please ask for today's dish

Main (choose up to 2) 9.75

Side (choose up to 2) 5.20

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COLD DRINKS

REAL FRUIT SMOOTHIES with apple juice 5.00

- **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!

JUICE & WATER

- really good orange juice with bits 4.00
- cloudy apple juice 3.95
- Innocent smoothie (kids' carton) 2.30
- Cawston press juice (kids' carton) 2.00
- Westcountry Spring water 1.50 / 3.00

ICED COFFEE & TEA

See the 'coffee & hot drinks' page.

FIZZY

- Jack's amazing local kombucha 4.60
- Luscombe elderflower bubbly 3.80
- Fentiman's ginger beer 3.80
- Fentiman's cola 3.80
- Fentiman's rose lemonade 3.60
- San Pellegrino limonata (can) 3.30
- Cornish Orchards sparkling apple (can) 3.30
- Cornish Orchards apple & rhubarb (can) 3.30

ALCOHOL

BEER, LAGER & CIDER

- Harbour Arctic Sky IPA, 330ml, 4.8% [B, G] 5.50
- Harbour Single Fin Lager, 330ml, 4.8% [B, G] 5.50
- Cornish Orchards cider, 500ml, 5% [Su] 6.00

WINE & BUBBLY

Glass

- La Vieille Ferme red, white or rosé, 200ml 8.00
- Maschio extra dry Prosecco, 187ml [Su] 6.50
- Mimosa (prosecco & orange juice) 7.00

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

Bottles (750ml)

- 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] 3.85
- latte / cappuccino [M] 4.15
- flat eric (our flat white americano cross) [M] 3.85
- americano 3.60
- espresso 3.05
- cortado [M] 3.50
- macchiato [M] 3.20
- mocha [M] 4.95
- matcha latte [M] 4.95

- iced americano 3.60
- iced latte [M] 4.15
- iced mocha [M] 4.95

- extra shot of coffee 60p
- add a single shot of Baileys[M] 3.00
- syrup: vanilla / hazelnut / caramel / chai 70p

MORE HOT DRINKS

- Origin hot chocolate [M] 3.60
- kids' hot chocolate [M] 3.20
- turmeric latte [M] 4.10
- chai latte [M] 3.50
- babycino [M] 2.00
- add squirty cream [M] 50p
- add marshmallows 50p
- add a single shot of Baileys[M] 3.00

PREFER PLANT POWER?

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

+50p

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
- Good Earth red berry & hibiscus
- Canton rooibos

large mug 2.60
pot for one 4.00
pot for two 4.80

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something sweet?

BREAKFAST PASTRIES

cinnamon bun [E, G, M]

DaBara's very famous cinnamon bun. Flaky on the outside, soft in the middle *(not available on Mondays)* 4.20

kouign-amann [G, M]

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. *(not available on Mondays)* 3.00

NOURISHING BITES

A delicious healthy treat packed with fibres, protein, antioxidants, vitamins and minerals. They are full of flavour and are incredibly delicious

1 for 2.00	4 for 7.00
2 for 3.60	6 for 10.00

croissant [E, G, M]

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! *(not available on Mondays)* 3.50

Add Cornish butter & jam / marmalade 1.50

almond croissant [E, G, M, N]

Made by proper French patisserie chefs, these croissants are filled with the perfect almondy gooey frangipane. 3.90

(not available on Mondays)

CORNISH ICE CREAM

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

- Ask for flavours 3.60

CAKES & BAKES

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

Our famous brownies, made right here, every day. A mouth-watering and generously-sized square with chocolate chips. 4.20

Even better warm with a scoop of Cornish ice cream [M] 2.20

bread & butter pudding [E, G, M, Sy]

Bread & butter pudding made with cinnamon buns, pain au chocolate and pain au raisin and mixed berries. Bread & butter but better! 4.60

Add a dollop of Greek-style yoghurt [M] 1.00

Add a dollop of berry compote 1.00

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

Made right here every day, fluffy, light and enduringly popular. 4.20

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

Made with dried apricot and crystallised ginger. oh my these are good

today's house cake 4.60

please ask us

house bakewell slice (VG) [G, N]

Shortcrust pastry base with a layer of raspberry jam and a lovely almondy frangipane, and topped with toasted flaked almonds. 3.90

Even better warm with a scoop of local ice cream [M] +2.20

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

A pretty little cake, densely packed with ground almonds and fresh raspberries and topped with pink icing. 3.60

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

Fresh-tasting, lemony polenta cake with a pistachio topping. 3.90

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

One of Exploding Bakery's most decadent treats. A layer of oats & dates topped with caramel and finished with dark chocolate. 3.90

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KIDS MENU

JUST FOR THE

- Single, fluffy American pancake GFA, VGA, [G, E, M] 6.50
with either
 - caramel, banana & choc chips [M, Sy]or
 - blueberries, strawberries & maple syrup

(last orders for pancakes M-F 11.45, Sat 12.15, Sun 12.30)

- Bowl of blueberries, strawberries & banana 4.00
 - Greek yoghurt topped with honey and banana VGA [M] 3.50
- Heinz beans on white toast GFA [G] 5.00
- Half a cheddar toastie GFA [G, M] 4.00
- Toast GFA [G] with jam / honey / marmite / Nutella [N, M, Sy] / Philadelphia [M] 3.00
 - Vanilla ice cream VGA [M] with chocolate powder sprinkle [Sy] 2.50
 - Banana 60p

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