

All Day Menu

Last orders: Mon-Sat 14.30pm // Sun 13.00pm

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]
- Seasonal fruit & 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
- + Super salad VGA 5.20

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

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

Add ons:

- + Two slices of Kittow's smoked bacon 3.50
- + Add Super salad VGA 5.20

YOGHURT BOWL [M] VGA GFA

Thick Greek-style yoghurt, topped with fresh seasonal fruit, banana, red-berry compote & granola 7.50

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 1.80

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

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 from 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 fraîche [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) 5.20

SMOKEY BEANS on SOURDOUGH

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

TODAY'S SOUP GF, VG

Please ask for today's flavour. Comes with toasted sourdough & Cornish butter. 7.90

- + super-salad +5.20

TOASTED SOURDOUGH SANDWICH (GFA)

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

- **Pastrami,** Emmental, gherkin & mustard mayo [G, Su, E, M, Ms] VGA 10.95

- **Brie,** cranberry and spinach [M, G] 10.95

comes with:

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

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

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 9.75
Side 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	3.80
Innocent smoothie (kids' carton)	2.30
Cawston press juice (kids' carton)	2.00
Westcountry Spring water	1.80 / 4.00

FIZZY

Jack's amazing local kombucha	4.95
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)	3.80
Cornish Orchards apple & rhubarb (can)	3.80

ALCOHOL

BEER, LAGER & CIDER

IPA, 330ml, 4.8% [B, G]	5.50
Lager, 330ml, 4.8% [B, G]	5.50
Cornish Orchards cider, 500ml, 5% [Su]	5.50

CLASSIC COCKTAILS

Aperol Spritz, 200ml, 8.50

Pimm's 200ml, 8.50



WINE & BUBBLY

Glass

House 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!)	

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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] 3.95
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)* 3.90

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 Kelly'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. [GF if you can tolerate oats] 3.90

today's house cake 4.60
please ask us

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

A pretty little cake, densely packed with ground almonds and fresh raspberries and topped with pink icing. 3.90

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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- Single, fluffy American pancake GFA, VGA, [G, E, M] 6.50 (pancakes M-F 11.45, Sat 12.15, Sun 12.30)
 - caramel, banana & choc chips [M, Sy] or
 - Seasonal Fruit & maple syrup
- ✓ Bowl of seasonal fruit & banana 4.00
- ✓ Greek yoghurt topped with honey and banana VGA [M] 3.50
- ✓ Heinz beans on white toast GFA [G] 4.00
- ✓ 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

kids' hot chocolate [M] 3.20