



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. E = Egg, G = Gluten, M = Milk, Ms = Mustard, N = Nuts, PN = Peanuts, Ss = Sesame, Su = Sulphites, Sy = Soya.

BREAKFAST / BRUNCH : orders before 12 noon (1pm 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 & pure maple syrup
- Cornish caramel, choc chip & banana [M, Sy]
- Greek yoghurt (or VG), home-made berry compote, granola [M, N]
 - blood orange drizzle & blueberry

VG or GF
pancakes
- just ask

2-stack
7.00

3-stack
8.00

4-stack (most popular)
9.00

6-stack
14.00

add two slices of Kittow's smoked back-bacon +2.20

add a blob of Callestick vanilla ice-cream +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]

5.20

add our house campfire beans (VG) & feta [M] + 2.00

add two slices of Kittow's smoked back bacon + 2.20

add a slice of sourdough & Rodda's butter [M] +1.00

BEANS ON SOURDOUGH

Our in-house campfire baked beans – as comforting as they are delicious, served on toasted sourdough.

Top with feta [M] if you like.

(Or have Heinz if you want what you know!)

5.20

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]

4.85

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

- mushroom, lentil & miso roll:
mushroom, lentil, miso, fresh herbs, mustard, paprika and walnuts (VG) [G, N, Ms]

- home-made sausage roll:
Kittow's best pork, caramelised red onion, apple, mustard, sage, rosemary sesame [G, Ms, Ss, Su]

5.20

add our house campfire beans (VG) & feta [M] + 2.00

FRESH SMOOTHIES

- the red one: strawberry & banana
- the yellow one: pineapple, papaya & mango
- the purple one: acai, strawberry, blueberry & mango
- the green one: curly kale, lemongrass, banana, mango

with apple juice 4.50
with coconut milk +50p

BACON ROLL

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

5.20

add avocado +1.20

add brie [M] + 1.20

2022-03-21

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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, crumbled feta courgette and herbs [E, M]

5.80

served with a little green salad
or upgrade to super-salad + 3.00

add our house campfire beans (VG) and feta [M] + 2.00

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)

6.80

served with a little green salad
or upgrade to super-salad + 3.00

SUPER-SALAD

Always bright, vibrant and fresh each day—
please ask for today's offering

side 3.00

main 7.00

add sourdough [G] & Rodda's butter [M] +1.00

TODAY'S SOUP

Please ask for today's flavour

5.50

served with a little green salad
or upgrade to super-salad + 3.00

add sourdough [G] (or GF)
& Rodda's butter [M] (or VG) +1.00

ALPINE POTATOES

New potatoes with Cornish smoked salt and generously topped with melted Swiss gruyere and emmental cheeses (V) [M]
(optional) baby gherkins [Su, Ms] and/or chorizo-crumb [M]

6.80

served with a little green salad
or upgrade to super-salad + 3.00
add our house campfire beans (VG) and feta [M] + 2.00

TOASTED SOURDOUGH SANDWICHES

Soft white DaBara sourdough [G]

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

6.50

served with a little green salad
or upgrade to super-salad + 3.00

SAUSAGE (and not-sausage) ROLLS

- mushroom & miso roll:
mushroom, puy lentils, miso, fresh herbs, mustard, paprika and walnuts in puff pastry (VG) [G, Ms, N]

- home-made sausage roll:
Kittow's pork, caramelised red onion, apple, mustard, sage and fresh herbs in puff pastry [G, Ms, E, Ss]

5.80

served with a little green salad
or upgrade to super-salad + 3.00

add our house campfire beans (VG) and feta [M] + 2.00

Why not add a packet of Burt's crisps? 1.30

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DRINKS AND CAKES

COFFEE & HOT CHOCOLATE

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

espresso	2.30
Americano	2.60
flat white	2.80
Flat Eric (flat white meetsAmericano)	3.00
latte	3.00
cappuccino	3.00
turmeric latte	3.20
hot chocolate	3.20
Aztec hot choc (a gentle kick chilli & cinnamon)	3.40
chai latte	3.00
kids' hot chocolate	2.80
mocha	3.50
iced americano	2.90
iced latte	3.50
iced mocha	3.80

Almost all of the above contain milk [M]

oat [G] or almond [N] milk alternative	+30p
extra shot of coffee	+60p

CAKES AND TREATS

our house double-choc brownie (GF) [E, Sy, M]	3.00
warm, with Callestick ice cream [M]	+1.60
vegan brownie (VG) [N]	3.00
today's house muffin (DF) [G, E]	3.00
giant pain au raisin [G, M, Sy]	3.50
doughnut – iced or filled [G, E, M]	3.00
cinnamon thingy [G, M]	3.00
kouign-amann [G, M]	3.00
croissant [G, M]	2.30
almond croissant [G, M, N]	3.00
almond & raspberry frionde (GF, VG) [N]	3.00
today's house cake [allergens: please ask]	3.00-3.50
house bakewell slice (VG) [G, N]	3.50
walnut blondie [G, E, M, N]	3.00
lemon & pistachio polenta cake (GF) [M, E, N]	3.00
seedy flapjack (GF) [M, Ss]	3.00

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

cup	2.00
small pot	3.75
lge pot	4.50
iced tea, cup	2.30

COLD DRINKS

Luscombe	
- apple, orange juice or elderflower bubbly	3.00
Fentiman's	
- curiosity cola, rose lemonade or ginger beer	3.00
Coastal Spring 'Lifeboat' Water	
(choose this to support the Lifeboats)	1.00 / 2.70
Cawston Press	
- spklg apple or spklg apple & rhubarb (can)	2.20
San Pellegrino limonata (can)	2.20
ginger & turmeric kombucha	3.30
Innocent smoothie (kids' carton)	2.20
Cawston press juice (kids' carton)	1.50

HEAVENLY SMOOTHIES

- the pink one: strawberry & banana
- the yellow one: pineapple, papaya & mango
- the purple one: acai, strawberry, blueberry & mango
- the green one: curly kale, lemongrass, banana, mango

with apple juice 4.50
with coconut milk +50p

ALCOHOL

Harbour Ales IPA or lager, 330ml, 4.8% [G]	4.00
Cornish Orchards cider, 500ml, 5%	4.00
Wine: red, white or rose, glass [Su]	5.00
Bread & Butter pinot / chardonnay / rose 750ml	20.00
Prosecco [Su]	5.00 / 16.00
Bloody Good Mary	6.00
Opihr gin & tonic	5.00
Mimosa (prosecco & orange juice) [Su]	6.00

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