

BREAKFAST / BRUNCH

last orders: Mon-Fri 11.45am // Sat 12.30pm // Sun 1.15pm

OUR FAMOUS AMERICAN PANCAKES

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

- NEW! Apple & cinnamon compote, honeycomb crunch & caramel sauce [M]
 - Rodda's 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]

VG / GF:
just ask

6-stack 14.80	4-stack 9.80	3-stack 8.80	2-stack 7.80
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add a scoop of Callestick vanilla ice-cream [M] 1.50

add a scoop of Rodda's clotted cream [M] 1.50

add two slices of Kittow's smoked back bacon 2.40



ORANGE JUICE 3.80

Every bit as good as freshly-squeezed

FRITTATA

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

5.90

add smokey beans (VG) & feta [M] 3.00

add smoked bacon 2.40

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

AVO on SOURDOUGH

A slice of sourdough topped with avocado, smoked seasalt & lime (optional chilli flakes)

6.50

add smoked bacon 2.40

BACON ROLL

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

6.20

add smashed avocado 1.50

add sliced brie [M] 1.50

SMOKEY BEANS on SOURDOUGH

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

5.90

add smoked bacon 2.40

YOGHURT BOWL

Thick Greek (or VG) yoghurt, topped with house mixed-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) [G, N, Ms, Sy]

5.95

add smokey beans (VG) & feta [M] 3.00

add pot of caramelised onion chutney 1.00



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 after: Mon-Fri 12pm // Sat 12.45 // not available Sun

FRITTATA

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

Served with a little salad and our house slaw.
6.20

SMOKEY BEANS ON SOURDOUGH

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

5.90

SUPER-SALADS

choose, one or a mix of...

- squash & kale** butternut squash roasted in maple syrup, lemonged kale, cannellini beans, crunchy sugar snaps and pomegranate seeds.
Optionally topped with pangrattato [G] and a blood orange vinaigrette.
- house slaw** our amazing house slaw with capers, spring onion, sugar snaps & radish [Ms] (VG, GF)



main 7.50
side 4.80

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).

Served with a little salad.

7.50

TODAY'S SOUP

please ask for today's flavour
served with a slice of sourdough

5.90

TOASTED SOURDOUGH SANDWICHES

- Kittow's Cornish ham & mature cheddar [G, M] (with or without caramelised onion chutney? [G, Su])
- griddled halloumi, roasted red pepper, spinach, chilli jam [G, Su, Sy, M]
- pesto, mozzarella, sun-dried tomato, spinach (VGA) [G, M]
 - BAGEL not sourdough 40p less pastrami, emmental, gherkin & mustard mayo [G, Su, E, M, Ms]

- Today's special: please ask

Served with a little salad and our house slaw.

7.90

ALPINE POTATOES

Cornish potatoes, sprinkled with smoked seasalt and generously topped with Swiss cheeses and cheddar.
Optional chorizo crumb & gherkin +50p each. [M]

6.00

Amazing with house smokey beans 3.00
or a plate of charcuterie 5.00

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). [G, N, Ms, Sy]

Served with a little salad and our house slaw.

6.50

now add these to make it amazing

- plate of charcuterie 5.00
- a side of super-salad 4.80
- smokey beans (VG) and feta [M] 3.00
- sourdough [G] & Rodda's butter [M] (GFA, VGA) 1.20
- pot of caramelised onion chutney [G, Su] 1.00



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COLD DRINKS

FRUIT 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 4.90
with coconut milk [N, Sy] + 50p

Just fruit,
no nasties.
So healthy!



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

ICED COFFEE & TEA

See the 'coffee & hot drinks' page.

FIZZY

Jack's amazing local kombucha 4.50
Luscombe elderflower bubbly 3.60
Luscombe ginger beer 3.60
Fentiman's cola 3.60
Fentiman's rose lemonade 3.60
Cawston Press sparkling apple (can) 2.80
Cawston Press sparkling apple & rhubarb (can) 2.80
San Pellegrino limonata (can) 2.80

ALCOHOL

BEER, LAGER & CIDER

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

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, G, Ms, Sy] 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!)
Definition white or red [Su] 16.50
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 [M] 3.10
- latte / cappuccino [M] 3.30
- flat eric (our flat white americano cross) [M] 3.10
- americano 2.80
- espresso 2.40
- cortado [M] 2.60
- macchiato [M] 2.60
- mocha [M] 4.00

- iced americano 3.20
- iced latte [M] 3.60
- iced mocha [M] 4.40

extra shot of coffee 60p

syrup: vanilla / hazelnut / caramel / chai / cinnamon 70p

BOOZEY BREWS: add a shot of Bailey's or brandy 3.00

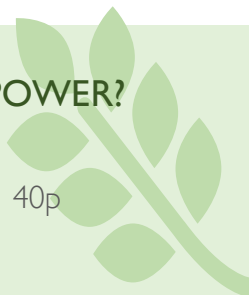
MORE HOT DRINKS

- Origin hot chocolate [M] 3.40
- white hot chocolate [M] 3.40
- kids' hot chocolate [M] 2.80
- aztec hot chocolate (chocolate, chilli & cinnamon) [M] 3.90
- turmeric latte [M] 3.60
- chai latte [M] 3.20
- babycino [M] 1.50
- add squirty cream [M] 30p

PREFER PLANT POWER?

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

40p



Extra hot? Extra large? One shot?

However you like your coffee, just let us know.

TEA

- Clipper English breakfast
- Clipper English breakfast decaf
- Clipper Earl Grey
- Clipper green
- Clipper three mint
- Clipper chamomile
- Clipper lemon & ginger
- Pukka chai
- Canton red berry & hibiscus

- large mug 2.50
- pot for one 3.75
- pot for two 4.50

ICED TEA
we can do any
of these iced 2.50



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...



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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] 3.60

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

pain au raisin [E, G, M] 3.50

This classic French pastry is hard to beat.

CORNISH ICE CREAM

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

3.50

go 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.
Even better warm with a scoop of local ice cream [M] +1.50

vegan brownie (VG) [Sy] 3.50

Goosey and chocolatey, you'd never know it's vegan
Even better warm with a scoop of vegan ice cream [M] +1.50

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

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

apricot & ginger homemade flapjack (GF) [M, Su] 3.30

Made with dried apricot and crystallised ginger, oh my these are good. [GF if you can tolerate oats]

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.
Even better warm with a scoop of local ice cream [M] +1.50

almond & raspberry friande (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] 3.60

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

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.
[GF if you can tolerate oats]

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

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

TODAY'S HOUSE CAKE

Please ask us for today's

4.50

Allergens: please ask.



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