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## 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, blackberries & 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	3-stack	4-stack (most popular)	6-stack
7.00	8.00	9.00	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 Heinz beans and feta [M] + 1.75

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

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

### 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

### 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

### 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 Heinz beans and feta [M] + 1.75

### BACON ROLL

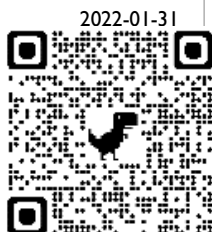
Three slices of Kittow's smoked back-bacon and your choice of sauce, in a soft, lightly buttered then toasted ciabatta roll [M, G]

5.20

add avocado +1.20

add brie [M] + 1.20

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## LUNCH : orders after 12 noon

### FRITTATA

Made with St Mawes free range 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

### 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-SALADS

- *maple-roasted butternut*: with cannellini beans and kale with a tahini, yoghurt, and ginger dressing (V, VG available) [SS, M]

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 Heinz Baked Beans + 1.75

### 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

2022-01-31

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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
syrup:	
vanilla / hazelnut / caramel / chai / cinnamon	+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
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
pain au raisin [G, M, Sy]	3.00
seasonal savoury brioche bun [allergens: please ask]	3.00
giant cheese straw [M]	1.20
doughnut – iced or filled [G, E, M]	3.00
cinnamon thingy [G, M]	3.00
lemon & pistachio polenta cake (GF) [M, E, N]	3.00
seedy flapjack (GF) [M, Ss]	3.00
peanut butter & milk chocolate cookie [G, N, Sy]	1.30

### 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 RNLI)	1.00 / 2.70
Cawston Press	
- spkkg apple or spkkg 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 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

### 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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