

Served from 11 - 4pm  
on weekdays and Saturdays

Add a scoop of salad to any  
meal for just £1.75 extra



Key	
<b>V</b>	Vegetarian
<b>Vn</b>	Vegan
<b>Gf</b>	Gluten free
<b>3</b>	How many of your 5 a day

## Sandwiches/ Wraps/ Jacket Potatoes

Choose one of the following  
on either:

- Fresh Baker Tom carrot, mustard seed and thyme bread
- Toasted Sandwich
- A Tortilla Wrap
- Jacket Potato **Gf**
- Warbatons Gluten Free Bread **Gf**
- Salad **Gf**

## Fillers:

- Cornish smuggler and home-made chutney **Gf** £5.25
- Somerset goats cheese 'Rachel', a tasty semi-hard cheese that is not too goaty! Served with fresh rocket leaves and home made beetroot chutney £6.75 can be: **Gf**
- Cornish Fiesta feta, chargrilled peppers, sun-dried tomato, home-made pesto and olives £6.75 can be: **Vn Gf**
- Home-made oven-baked pumpkin falafel with, sour cream, carrot ribbons, fresh leaves, fresh coriander & homemade sweet chilli sauce **V** can be: **Vn Gf** £6.50 (contains sesame seeds)
- Chargrilled Halloumi with roast aubergine, red onion and Portobello mushroom topped with a drizzle of harissa yoghurt **V Gf** £6.95
- Veggie bacon, avocado and Cornish brie £6.75
- Chicken Caesar; free range chicken, caesar dressing, parmesan shavings and toasted bread with a sandwich £6.95 can be: **Gf**
- Free range chicken breast with cranberry sauce and cornish brie **Gf** £6.75
- Free range chicken, avocado and Cornish Cheddar **Gf** £6.75
- Crayfish with lemon and cracked black pepper mayo, fresh rocket leaves and avocado **Gf** £6.95

All of the above are served with a garnish of fresh leaves, cherry tomatoes, pea-shoots and a balsamic and extra virgin olive oil dressing

**Soup** of the day served with fresh Baker Tom bread. Warbatons Gluten free bread available. £5.25 **V Gf**  
Add toasted cheese sandwich £1.50

**Salad** plate of the day - mix of our delicious fresh salad **V Vn Gf** Sml: £4.95 Lrg: £6.95

**Quiche** of the day with a mix of our daily salads £7.50  
Add hand cut wedges **V** £8.75

**Quesadilla** with char grilled veg, re-fried beans, Cornish cheddar cheese, sour cream, guacamole and jalapenos **V 2** £7.50 can be: **Vn**

**Crepes**  
Two pancakes filled with your choice of  
Davidstow Cornish cheddar and home-made chutney  
Creamy garlic mushrooms with Cornish brie  
Served with a mix of our daily salads £7.75

**Sides:**  
Hand-cut **wedges** with sea salt flakes £2.50  
Oven roast **Sweet potato wedges** with sea salt flakes £3.00 **1**

Please see black board  
and chiller cabinet for  
fresh daily specials

## Burgers

**Veggie burger**- homemade smokey roasted beetroot and black bean burger **Gf Vn 2**

Served in a lightly toasted ciabatta bun, with a salad garnish, harissa yoghurt dip and hand cut wedges £9.75

Add one of the following at £1.00 extra each or 2 toppings for £1.50

- Avocado
- Cheddar cheese or Cornish brie
- Chargrilled onions
- Veggie bacon

## Chicken burger

Jamaican Jerk spiced free-range chicken breast fillet served in a lightly toasted Baker Tom ciabatta bun with chargrilled fresh pineapple and fresh leaves £9.95 **1**

Served with salad garnish and hand-cut wedges

## Kids Menu (age 0-12 only)

**Pasta** with cheesy tomato sauce £4.25  
Add Quorn meatballs for £1.50

**Toasted cheese sandwich** with salad garnish £3.50 can be: **Gf**

**Falafel Pitta Pocket**, our homemade butternut squash falafel served with carrot ribbons, salad garnish and sweet chilli yoghurt dip £4.25 can be: **Vn**

**2 Crumpet pizzas** with tomato base and melted cheese. Served with a salad garnish £3.50

**Jacket potato** with baked beans and cheese **Gf** £3.75 can be: **Vn**

All our food is cooked to order  
Good food takes time

Breakfast is served  
on Saturdays  
only....

Served till 11.30am  
on Saturdays

## Breakfast

(only served on Saturdays; 10.30 - 11.30  
saturday)

Porridge served with bannana and honey  
£3.75

American style fluffy pancakes served as a  
stack of 3 with your choice of £5.95

- Blueberries and honey
- Banana and Nutella

Choice of eggs on toasted Baker Tom  
bread; poached, fried or scrambled £5.75

Veggie bacon and your choice of egg in a  
Toasted Baker Tom ciabatta roll £5.75

Cinnamon dusted brioche French toast  
served with your choice of £5.95

- Honeyed yoghurt and fresh fruit
- Filled with Nutella and topped with banana

Check out our  
themed evenings

Please ask for  
more details and  
bookings



## Drinks

### Tea

Twinings tea, a bag in a mug	£1.60
Tregothnan Loose Leaf Tea in a pot Grown only 7.6 miles away	
Classic	£2.00
Earl Grey	£2.00
Peppermint	£2.25
Manuka	£2.25
Lemon Verbena	£2.25

### Coffee

Hands On Coffee, micro-roasted in Wadebridge

Americano	Small: £1.90	Large: £2.10
Latte	Small: £2.20	Large: £2.45
Cappucino	Small: £2.20	Large: £2.45
Flat White	One size: £2.35	
Mocha	One size: £2.65	
Espresso	Small: £1.80	
Dopio Espresso	Small: £2.00	
Machiato	Small: £1.90	Large: £2.10

Decaf options available

### Hot Chocolate

Plain	£2.25
Add cream	£2.65
Delux: cream & marshmallows	£2.85

### Soft Drinks

Bloom Berry Juice 100% natural, no added sugar fruit juices made in Devon	
Apple, Blueberry and Lavendar	£2.50
Mull'd Berry	£2.50
Orange, Elderflower and Honey	£2.50
Polgoon Elderflower Presse	£2.50
Gusto Kola, packed with 14 botanicals for a burst of natural energy	£2.80
Gusto Organic Sparkling Lemon with Ginseng & Guarana	£2.80
Apple juice	£1.85
Orange juice	£1.85
Cranberry Juice	£1.85
Bottled still water	£1.50
Bottled sparkling water	£1.50



### Beer and Cider

Polgoon Original Cider	£3.10
Polgoon Black Cider (apple with a hint of blackcurrant)	£3.40
St Ives Cornish Golden Lager	£2.55
St Ives Knill by Mouth rich pale Ale	£3.55
Crabbie's alcoholic ginger beer	£3.50

### Wine

#### Red

Single serve Hidden Road Merlot from Chile with  
flavours of ripe blackcurrant and blackberries,  
ending in a long, smooth finish £3.95

Dragora Tinto Organic Vegetarian, intense red  
fruit and berries with a smooth and elegant palate  
(Spain) **V** Bottle: £15.50

Norte Chico Merlot, medium-bodied un-oaked  
wine with aromas of ripe berries and a hint of  
chocolate (Chile) Bottle: £13.75

#### White

Single serve Hidden Road Sauvignon Blanc from  
Chile with subtle green apple and gooseberry  
flavours, ending in a crisp, refreshing finish £3.95

Campo Flores Sauvignon blanc Organic  
Vegetarian, vivaious, tangy and ripe (Spain)  
**V** Bottle: £15.50

Los Tres Cures Sauvignon blanc, dry fruity  
bouquet with a refreshing flavour (Chile)  
Bottle: £13.75

#### Rosé

Single serve Hidden Road Grenache Rose from  
California with a ripe strawberry and candied  
watermelon flavours & a soft, clean finish £3.95

Rosado, crisp dry rosé. Fresh and well balanced  
with aromas of ripe berry fruits (Spain)  
Bottle: £13.75