



The Secret  
Garden Café

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

Served from 11 - 4pm  
on weekdays and Saturdays

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

**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 salads **V Vn Gf** £6.50

**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**

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

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

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

- Avocado
- Cheddar cheese or Cornish brie
- Caramelised onions
- Crispy veggie bacon

**Pie of the day** served with creamy  
mashed potato, seasonal veg and homemade  
onion gravy **V 2** £9.95

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**

**Fillers:**

- Cornish smuggler and home-made chutney  
**V Gf** £4.95
- 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 **V** £6.75
- Quorn meatballs in a rich tomato and basil  
sauce with parmesan shavings £6.75
- Free range chicken breast with cranberry  
sauce and cornish brie **Gf** £6.75
- Free range chicken, avocado and Cornish  
Cheddar **Gf** £6.75

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

**Sides:**

Hand-cut **wedges** with sea salt flakes £2.50

**Sweet potato wedges** with sea salt  
flakes £3.00

Kids Menu

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

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

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

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

**Carnivorous corner!**  
(For the one you dragged along!)

**Chicken satay burger.**

Free range chicken breast fillet cooked in a  
peanutty satay sauce and served in a lightly  
toasted ciabatta roll with salad garnish and hand  
cut wedges, can be: **Gf** £9.95

**Thai Fish Cakes** served with crunchy  
Asian slaw, hand cut wedges and a sesame, soy  
and honey dipping sauce **Gf 2** £9.95

Please see black board  
and chiller cabinet for  
fresh daily specials

All our food is cooked to order  
Good food takes time

Breakfast is served  
on the Saturdays  
only....

Served till 11.30am  
on Saturdays

## Breakfast

(only served on the weekends; 9 - 11.30  
saturday and all day sundays)

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Porridge served with bannana and honey  
£3.75

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

Blueberries and honey	£5.25
Banana and Nutella	£5.25

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

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

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

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### 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: £2.45	
Espresso	Small: £1.80	
Dopio Espresso	Small: £2.00	
Machiato	Small: £1.90	Large: £2.10

Decaf options available

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### Hot Chocolate

Plain	£2.25
Add cream	£2.55
Delux: cream & marshmallows	£2.75

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### 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	£2.45
St Ives Knill by Mouth rich pale Ale	£3.55
Crabbie's alcoholic ginger beer	£3.50

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### Wine

#### Red

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

175ml: £4.75	250ml: £5.25
Bottle: £15.50	

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

175ml: £4.45	250ml: £4.95
Bottle: £13.75	

#### White

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

175ml: £4.75	250ml: £5.25
Bottle: £15.50	

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

175ml: £4.45	250ml: £4.95
Bottle: £13.75	

#### Rosé

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

175ml: £4.45	250ml: £4.95
Bottle: £13.75	

All wines can be served in 125ml measures

## Naughty corner!

Please see the cake display for freshly made  
goodies

We also have raw food, vegan, dairy free and  
gluten free options for those of you who dont  
want to be quite so naughty!

We also do cakes to order for those special  
occasions and can cater for different allergies

Please ask a member of staff for more details