

BREAKFAST / BRUNCH

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

OUR FAMOUS AMERICAN PANCAKES

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

- Apple & cinnamon compote, honeycomb crunch & caramel sauce [M, Su]
 - Cornish butter & pure maple syrup [M]
 - Blueberries, strawberries & 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

4-stack	3-stack	kids'-stack (2)
12.50	10.50	8.50

add a scoop of Cornish vanilla ice-cream [M] 2.20

add a scoop of Cornish clotted cream [M] 1.80

add two slices of Kittow's smoked back bacon 3.00

ORANGE JUICE 4.00

Really, really good with juicy bits

FRITTATA V, GF [E, M] 9.50

St Mawes free range egg, Cornish potato, leek, spring onion, spinach, cherry tomato, red pepper, feta, courgette, herbs

comes with either (choose one):

- smokey beans with feta [E, M]
- two slices of Kittow's smoked bacon
- sourdough toast and butter (VGA, GFA)
- roasted tomatoes with basil

MISO MUSHROOMS VG, GFA [G, Sy] 7.90

Mushrooms cooked with miso and a hint of maple syrup, served on sourdough toast with Oatly crème fraiche, and sprinkled with parsley.

BACON ROLL GFA [G, M] 7.20

Three slices of Kittow's smoked back-bacon, done how you like them and in a soft, lightly-buttered [M] then griddled ciabatta roll, and your choice of sauce.

add brie 1.80

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.

SMOKEY BEANS on SOURDOUGH VG, GFA [G] 9.50

A generous pile of our house smoky beans topped with (optional) feta [M] and served with sourdough toast & Cornish butter (VGA, GFA).

add two slices of Kittow's smoked back bacon 3.00

GIANT SAUSAGE ROLL 9.50

St Agnes Bakery's giant pork & apple sausage roll [G, E, Ss]

comes with either (choose one):

- our house smokey beans and feta [M]
- roasted tomatoes with basil

YOGHURT BOWL [M] VGA 7.20

Thick Greek-style yoghurt, topped with fresh blueberries, banana, strawberries, red-berry compote and house granola

APPLE CRUMBLE VG, GF 5.50

Homemade (and an amazing breakfast!).

comes with either (choose one):

- Cornish vanilla ice-cream [M]
- Cornish clotted cream [M]
- Vegan ice cream [Sy]
- Vegan yoghurt [Sy]

LUNCH

orders after: Mon-Fri 12.15 // Sat 12.30 // not available Sundays

FRITTATA [E, M] V, GF 9.50

St Mawes free range egg, Cornish potato, leek, spring onion, spinach, cherry tomato, red pepper, feta, courgette, herbs

comes with either (choose one):

- smokey beans with feta [E, M]
- sourdough toast with butter (VGA, GFA)
- roasted tomatoes with basil & balsamic glaze
- super-salad (see bottom right) +2.00

MISO MUSHROOMS VG, GFA [G, Sy] 7.90

Mushrooms cooked with miso and a hint of maple syrup, served on sourdough toast with Oatly crème fraiche, and sprinkled with parsley.

comes with:

- house salad, or
- super-salad (see bottom right) +5.20

GIANT SAUSAGE ROLL 9.50

St Agnes Bakery's giant pork & apple sausage roll [G, E, Ss]

comes with either (choose one):

- smokey beans with feta [E, M]
- roasted tomatoes with basil & balsamic glaze
- super-salad (see bottom right) +2.00

NEW! HOUMOUS & FALAFEL VG, GF [Ss] 6.50

Our home-made houmous, topped with crumbled falafel, seeds, pomegranate seeds and quick pickled red onion and served with toasted sourdough.

comes with:

- house salad, or
- super-salad (see bottom right) +5.20

SMOKEY BEANS VGA, GFA 9.50
on SOURDOUGH

A generous pile of our house smokey beans topped with feta [M] and served on sourdough toast.

TODAY'S SOUP GF, VG 7.90

Please ask for today's flavour. Comes with toasted sourdough & Cornish butter.

Add super-salad +5.20

TOASTED SOURDOUGH SANDWICH 10.50

- Kittow's Cornish ham & mature cheddar in toasted sourdough [G, M] (with or without caramelised onion chutney [G, Su])
- griddled halloumi, chilli jam, roasted red pepper, spinach in toasted sourdough [G, M]

comes with:

- house salad, or
- super-salad (see bottom right) +5.20

TOASTED MAX'S BAGEL 10.50

- pastrami, emmental, gherkin & mustard mayo in a toasted bagel [G, Su, E, M, Ms]
- brie, emmental, sun-dried tomato & caramelised onion chutney in a toasted bagel [G, M, Su]

comes with:

- house salad, or
- super-salad (see bottom right) +5.20

THIS MONTH'S SUPER-SALADS

black bean & charred sweetcorn GF, VG

protein-rich & vibrant : cannellini beans, black beans, charred sweetcorn, sugar snaps, spring onion, radish, coriander & parsley with a zingy lime dressing

super-Greek GF, VGA

tomatoes, red onion, cucumber, butter beans, peppers, olives, red onion, oregano, mint, parsley with feta [sheep & goat milk] and a citrus dressing [M]

Ask if you don't want feta.

house slaw GF, VG

our amazing house slaw with capers, spring onion, sugar snaps & radish [Ms]

Main (choose up to 3) 9.00

Side (choose 1 or 2) 5.20

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COLD DRINKS



Tried our
home-made cloudy
still lemonade yet?
Oh my...

4.30

REAL FRUIT SMOOTHIES with apple juice

- 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



4.90

Just fruit,
no nasties.
So healthy!

JUICE & WATER

really good orange juice with bits	4.00
cloudy apple juice	3.80
Innocent smoothie (kids' carton)	2.30
Cawston press juice (kids' carton)	2.00
Westcountry Spring water	1.50 / 3.00

ICED COFFEE & TEA

See the 'coffee & hot drinks' page.

FIZZY

Jack's amazing local kombucha	4.60
Luscombe elderflower bubbly	3.80
Luscombe ginger beer	3.80
Fentiman's cola	3.80
Fentiman's rose lemonade	3.60
San Pellegrino limonata (can)	3.30
Cornish Orchards sparkling apple (can)	3.30
Cornish Orchards apple & rhubarb (can)	3.30

ALCOHOL

BEER, LAGER & CIDER

Harbour Arctic Sky IPA, 330ml, 4.8% [B, G]	5.50
Harbour Single Fin Lager, 330ml, 4.8% [B, G]	5.50
Cornish Orchards cider, 500ml, 5% [Su]	6.00

WINE & BUBBLY

Glass

La Vieille Ferme red, white or rosé, 200ml	8.00
Maschio extra dry Prosecco, 187ml [Su]	6.50
Mimosa (prosecco & orange juice)	7.00

These are good quality table wines, no cheap plonk here!

Bottles (750ml)

Mumm champagne [Su]	42.00
Maschio extra dry Prosecco [Su]	19.00
Bread & Butter pinot noir : very quaffable red	25.00
Bread & Butter cabernet sauvignon : rich, fruity red	25.00
(from Napa Valley, this happens to share our name and – and be very drinkable!)	
Baron de Guers Picpoul de Pinet [Su] white	22.00

COFFEE & HOT DRINKS

COFFEE

a double-shot of Origin Resolute or decaf.

- flat white [M] 3.40
- latte / cappuccino [M] 3.50
- flat eric (our flat white americano cross) [M] 3.40
- americano 3.00
- espresso 2.50
- cortado [M] 3.20
- macchiato [M] 2.60
- mocha [M] 4.20

- iced americano 3.00
- iced latte [M] 3.50
- iced mocha [M] 4.00

extra shot of coffee 60p

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

MORE HOT DRINKS

- Origin hot chocolate [M] 3.60
- kids' hot chocolate [M] 3.20
- turmeric latte [M] 3.60
- chai latte [M] 3.50
- babycino [M] 1.70
- add squirty cream [M] 50p
- add marshmallows 50p

PREFER PLANT POWER?

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

+40p

Extra hot? Extra large? One shot?

However you like your coffee, just let us know.



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...

TEA

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

large mug 2.60
pot for one 4.00
pot for two 4.80

SOMETHING SWEET?

BREAKFAST PASTRIES

morning cake [E, G, M, Sy] 4.60

Made with a mix of cinnamon buns, pain au chocolate and pain au raisin, drenched in custard and baked

Even better warm with a scoop of Cornish ice cream [M] 2.20

cinnamon bun [E, G, M] 4.20

DaBara's very famous cinnamon bun. Flakey on the outside, soft in the middle.

(not available on Mondays)

kouign-amann [G, M] 3.90

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] 3.50

A large, buttery, light-as-a-cloud proper French croissant. Served on its own to dunk in your coffee or hot chocolate, like the French do!

Add Cornish butter & jam / marmalade 1.50

almond croissant [E, G, M, N] 3.90

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

pain au raisin [E, G, M] 3.80

A classic French pastry made by real French bakers!

CAKES & BAKES

double-choc brownie (GF) [E, Sy, M] 4.20

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 Cornish ice cream [M] 2.20

better bread & butter pudding [E, G, M, Sy] 4.20

Bread & butter pudding made with cinnamon buns, pain au chocolate and pain au raisin. Bread & butter but better!

Even better warm with a scoop of Cornish ice cream [M] 2.20

today's house muffin (DF) [G, E, Sy, Su] 4.20

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

apricot & ginger flapjack (GF) [M, Su] 4.20

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

today's house cake 4.60

please ask us

house bakewell slice (VG) [G, N] 3.90

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] +2.20

almond & raspberry friand (GF, VG) [N] 3.60

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] 3.90

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

gazillionaire slice (GF, VG, nut free) [Sy] 3.90

One of Exploding Bakery's most decadent treats. A layer of oats & dates topped with caramel and finished with dark chocolate.

CORNISH ICE CREAM

A tub of Callestick's amazing Cornish clotted cream ice cream:

- Ask for flavours

3.60

APPLE CRUMBLE

Homemade and delicious and comes with either (choose one):

- Cornish vanilla ice-cream [M]
- Cornish clotted cream

5.50

JUST FOR THE KIDS

- Single, fluffy American pancake GFA, VGA, [G, E, M] 6.50
with either
 - caramel, banana & choc chips [M, Sy]
 - or
 - blueberries, strawberries & maple syrup

(last orders for pancakes M-F 11.45, Sat 12.15, Sun 12.30)

- Bowl of blueberries, strawberries & banana 4.00
 - Greek yoghurt topped with honey and banana VGA [M] 3.50
 - Heinz beans on white toast GFA [G] 5.00
 - Half a cheddar toastie GFA [G, M] 4.00
- Toast GFA [G] with jam / honey / marmite / Nutella [N, M, Sy] / Philadelphia [M] 3.00
 - Vanilla ice cream VGA [M] with chocolate powder sprinkle [Sy] 2.50
 - Banana 60p