



If you have any allergies or intolerances, please let us know. Although we take great care, this is an environment that uses peanuts and other allergens. Allergens are underlined.



## BREAKFAST / BRUNCH : orders before 12 noon

### OUR FAMOUS

A stack of fluffy pancakes made with St Mawes free-range eggs and Trewithen low-fat buttermilk

- Rodda's butter & pure maple syrup
- blueberries, strawberries & pure maple syrup
- Cornish caramel, choc chip & banana
- Greek (or VG) yoghurt, home-made berry compote, granola (nuts)
  - lemon drizzle & blueberry

2-stack

6.60

3-stack

7.60

4-stack  
(most popular)

8.60

6-stack

10.60

add two slices of Kittow's smoked back-bacon +2.00

**NEW** home-made **GF & VG** pancakes - fluffy and amazing!

### FRITTATA

Made with St Mawes free range eggs, Cornish potatoes, leeks, spring onions, spinach, cherry tomatoes, red pepper, crumbled feta courgette and herbs. (V)

4.70

add Heinz beans and feta + 1.75

add two slices of Kittow's smoked back bacon + 2.00

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

### TOASTED SOURDOUGH

Two slices of sourdough with Rodda's butter and either marmite, jam, honey or marmalade.

3.50

### BACON ROLL

Three slices of Kittow's smoked back-bacon and your choice of sauce, in a soft, lightly toasted & buttered ciabatta roll.

4.70

add avocado +1.00

add Cornish brie + 1.00

### YOGHURT BOWL

Thick Greek (or VG) yoghurt, topped with house red-berry compote, house granola (GF), blueberry, strawberry, sliced banana & toasted seeds. Granola contains nuts.

4.80

### FRESH SMOOTHIES

NEW

strawberry  
split

strawberry  
& banana

coco-loco

mango, pineapple,  
coconut, mint,  
lime

avo-gogo

avo, broccoli,  
spinach, mango,  
coconut, lime, ginger

with apple juice 4.00

with coconut milk +50p

2021-07-01

After your meal, please go to our front door on the street to pay. We prefer card if possible.



NEW : nice stuff in our online shop to take with you or post to a friend. Scan the QR code →



If you have any allergies or intolerances, please let us know. Although we take great care, this is an environment that uses peanuts and other allergens. Allergens are underlined.



## LUNCH : orders after 12 noon

### FRITTATA

Made with St Mawes free range eggs, Cornish potatoes, leeks, spring onions, spinach, cherry tomatoes, red pepper, crumbled feta, courgette and herbs. (V).

5.60

served with a little green salad  
or upgrade to super-salad + 3.00

### TOPESS SOURDOUGH

A hearty slice of toasted white sourdough (or ask for GF) topped with smashed avo, fresh lime, coriander, pomegranate seeds, toasted seeds and topped with either feta (v) or grilled mixed peppers (vg)

6.60

served with a little green salad  
or upgrade to super-salad + 3.00

### THIS WEEK'S SUPER-SALADS

- Atlas Mountain Salad: finely chopped tomato, cucumber, red pepper, red onion, flat leaf parsley, lemon and olive oil (VG)
- Super-spud salad: Cornish newies, cherry toms, flat leaf parsley, pink grapefruit, sugar snaps, coconut & tahini dressing (contains sesame, soy, grapefruit)

side 3.10 / main 6.60

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

### TOASTED SOURDOUGH

Two hearty slices of DaBara sourdough with either

- Kittow's Cornish ham & mature cheddar
- Kittow's Cornish ham, mature cheddar, tomato & caramelised onion chutney
- griddled halloumi, roast red pepper, spinach, Cornish Larder chilli jam (V) (GF available)
- Cornish brie, cranberry sauce, spinach (V) (GF available)

6.50

served with a little green salad  
or upgrade to super-salad + 3.10

### SAUSAGE (and not-sausage) ROLLS

- mushroom & miso roll  
chestnut mushrooms, miso, fresh herbs, mustard, paprika and walnuts baked in puff pastry (VG)
- home-made sausage roll  
Kittow's pork, caramelised red onion chutney, apple, mustard, sage and rosemary in puff pastry

5.50

served with a little green salad  
or upgrade to super-salad + 3.10

### SOUP

Organic Italian tomato, puy lentil and spinach (GF & VG)

5.00

served with a little green salad  
or upgrade to super-salad + 3.10  
add sourdough & Rodda's butter +1.00

2021-07-01

After your meal, please go to our front door on the street to pay. We prefer card if possible.

NEW : nice stuff in our online shop to take with you or post to a friend. Scan the QR code →





If you have any allergies or intolerances, please let us know. Although we take great care, this is an environment that uses peanuts and other allergens. Allergens are underlined.



## DRINKS AND CAKES

### COFFEE & HOT CHOCOLATE

A double-shot of locally-roasted coffee

espresso	2.20
Americano	2.50
flat white	2.90
Flat Eric (flat white meets Americano)	2.65
latte	2.90
cappuccino	2.90
turmeric latte	3.00
hot chocolate	3.00
...add cream / marshmallows +25p each	
kids' hot chocolate	2.50
mocha	3.40
iced americano	2.90
iced latte	3.40
iced mocha	3.60

oat or <u>almond</u> milk alternative	+30p
extra shot of coffee	+60p
syrup:	
vanilla / hazelnut / caramel / chai / cinnamon	+60p

### CAKES AND TREATS

our house double-choc <u>brownie</u> (GF)	2.95
warm, with clotted cream or ice cream	+1.50
vegan brownie (VG) ( <u>nuts</u> )	2.95
today's house <u>muffin</u> (DF)	2.85
today's house <u>cake</u>	3.00-3.50
croissant	2.25
pain au chocolat	2.50
<u>almond croissant</u> ( <u>nuts</u> )	2.85
kouign-amann	2.95
cinnamon bun (VG available)	2.95
<u>peanut</u> butter & banana cake (VG) ( <u>nuts</u> )	3.00
lemon & <u>pistachio</u> polenta cake (GF) ( <u>nuts</u> )	2.95
seedy flapjack ( <u>nuts</u> )	2.95
Paris brest (Fridays only)	3.90
tarte aux fraises (Fridays only)	3.90

### 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	3.50
lge pot	4.50

### COLD DRINKS

Luscombe	
- apple, orange juice or elderflower bubbly	2.85
Fentiman's	
- curiosity cola, rose lemonade or ginger beer	2.85
Cawston Press cloudy sparkling apple (can)	2.00
San Pellegrino limonata or grapefruit (can)	2.00
Innocent smoothie (kids' carton)	2.00
ginger & turmeric kombucha	3.00
Cawston press juice (kids' carton)	1.30
water, still or sparkling	sm 1.00 / lg 2.70

### HEAVENLY SMOOTHIES

strawberry split	coco-loco	avo-gogo
strawberry & banana	mango, pineapple, coconut, mint, lime	avo, broccoli, spinach, mango, coconut, lime, ginger
	with apple juice 4.00	
	with coconut milk +50p	

### BOOZE

Firebrand West Coast IPA, 330ml	4.00
Firebrand Helles Beach lager, 330ml	4.00
Wine: red, white or rose	5.00 / 16.00
Prosecco / Nosecco	5.00 / 16.00
Bloody Good Mary	6.00
Opihr gin & tonic	5.00
Mimosa (prosecco & orange juice)	6.00



After your meal, please go to our front door on the street to pay. Card if possible.

2021-07-01

NEW : nice stuff in our online shop to take with you or post to a friend. Scan the QR code.