



If you have any allergies or intolerances,
please let us know



BREAKFAST / BRUNCH : orders before 12 noon

OUR FAMOUS AMERICAN PANCAKES

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

- Rodda's butter & maple syrup
- blueberries & maple syrup
- caramel, choc chip & banana
- Greek yoghurt, home-made compote, toasted seeds

short-stack
(2 pancakes)
6.50

mid-stack
(4 pancakes)
most popular
8.50

tall-stack
(6 pancakes)
10.50

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

please ask if you'd like **GF & DF** pancakes (not home-made, but still good)

HOME-MADE FRITTATA

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

4.70

add Heinz beans topped with chorizo or feta +2.00

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

add slice of sourdough & Rodda's butter +1.00

TOPLESS

A hearty slice of toasted white sourdough
(or ask for GF)
topped with Freda's amazing Cornish seasalt crunchy
peanut butter, sliced banana, pomegranate seeds and
toasted seeds (vg)

5.50

YOGHURT BOWL

Thick Greek yoghurt, topped with house red-berry
compote, house granola, blueberries and sliced
banana

4.70

BACON ROLL

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

4.70



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LUNCH : orders after 12 noon

HOME-MADE FRITTATA

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

Version with chorizo available

5.50

add Heinz beans topped with chorizo or feta +2.00

served with a little green salad
upgrade to super-salad + 2.70

ALPINE POTATOES

Smashed new potatoes generously topped with melted Gruyere and Emmental (v)

(optional) baby gherkins & chorizo-crumb

6.50

served with a little green salad
upgrade to super-salad + 2.70

gherkins contain mustard seeds & sulphites

TOPLESS

A hearty slice of toasted white sourdough
(or ask for GF)

topped with smashed avo, fresh lime, coriander,
pomegranate seeds and topped with either feta (v) or
grilled mixed peppers (vg)

7.00

served with a little green salad
upgrade to super-salad + 2.70

PIMPED-UP BAKED BEANS

A hearty slice of toasted white sourdough
(or ask for GF) topped with Heinz baked beans and
either

~ feta and smoked paprika (v); or
~ chorizo crumb and cheddar

5.50

SOFT CIABATTA

harissa houmous, lemoned cucumber, nigella seeds,
crunchy red pepper on a
soft ciabatta roll (vg)

5.00

served with a little green salad
upgrade to super-salad + 2.70

TOASTED CIABATTA

~ Kittow's ham, mature cheddar
(add tomato & caramelised onion chutney?)
chutney contains mustard

~ Pesto, mozzarella, sun-dried tomato,
spinach (v)

~ Chorizo & mature cheddar

6.50

served with a little green salad
upgrade to super-salad + 2.70

ALSO, SEE SEPARATE MENU
FOR TODAY'S SPECIALS

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JUST THIS WEEK...

super-salad

the super-squash: butternut and carrot roasted in maple syrup and thyme, with puy lentils, finely chopped onion and flat leaf parsley and crumbled feta

(ask for vg version)

6.50

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

mushroom & miso roll

chestnut mushrooms, miso, herbs, mustard, paprika and walnuts

baked in a puff pastry (vg)

6.00

served with a little green salad
or upgrade to super-salad +2.70



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DRINKS AND CAKES

COFFEE

A double-shot of locally-roasted coffee

espresso	2.10
Americano	2.35
flat white	2.65
Flat Eric (flat white meetsAmericano)	2.70
latte	2.85
cappuccino	2.85
iced americano	2.75
iced latte	3.25
iced mocha	3.50
hot chocolate	3.00
mocha	3.25
turmeric latte	3.00

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

boozey brews

add a shot of brandy, Baileys or Kraken rum +2.00

CAKES AND TREATS

Our famous home-made...

double-choc brownie (GF)	2.95
today's muffin (DF)	2.85
peanut butter & choc-chip, salted cookie (vg)*	1.80
millionaire shortbread (EF)	2.85
Bakewell tart (nuts)	2.85

DaBara

plain croissant	2.25
almond croissant (nuts)	2.85
cinnamon bun	2.95

Exploding Bakery

vegan brownie (VG)	2.95
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warmed up, with Callestick ice cream +1.50

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

COLD DRINKS

Luscombe juice - apple or orange	2.85
Luscombe elderflower bubbly	2.85
Fentiman's curiosity cola	2.65
Fentiman's rose lemonade	2.65
Fentiman's ginger beer	2.65
Cawston Press rhubarb & apple	2.65
San Pellegrino limonata or grapefruit	1.80
Innocent smoothie (kids' carton)	2.00
Cawston press juice (kids' carton)	1.20
Water, still or sparkling	sm 1.00 / lg 2.60

our thoughts on tap water

While we get back on our feet during Covid, it really helps when people choose bottled instead of tap (which isn't free as it costs us to wash & sanitise the glasses). So we've reduced our bottled water to just £1, and really thank you for choosing bottled over tap



BOOZE

Firebrand West Coast IPA, 330ml	3.00
Firebrand Helles Beach lager, 330ml	3.00
Wine: red, white or rose, 250ml	4.00
Prosecco, 250ml	5.00