



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 AMERICAN PANCAKES

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

- Rodda's butter & maple syrup
 - blueberries & maple syrup
 - caramel, choc chip & banana
- Greek (or VG) yoghurt, home-made compote, granola
 - 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

we now do home-made **GF & VG** fluffy pancakes (and they're really good!)

FRITTATA

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

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 SOURDOUGH

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

4.70

FRESH SMOOTHIES

strawberry
split
strawberry,
banana,
coconut milk

coco-loco
mango, pineapple,
coconut, mint,
lime & apple juice

avo-gogo
avocado,
broccoli, spinach,
mango, coconut,
lime, ginger &
apple juice

3.75

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 brie + 1.00

2021-04-11

After your meal, please go to our front door, on the street to pay. We don't take cash – cards only please.



NEW! Brownies by post (and more!) Order now at breadandbuttertruro.com/shop or scan →



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LUNCH : orders after 12 noon

FRITTATA

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

5.50

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

ALPINE POTATOES

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

TOPLESS 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)

7.00

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

TOASTED SOURDOUGH SANDWICHES

- cheddar & ham
- cheddar, ham, tomato & chilli chutney
- cheddar and kimchi
- griddled honeyed halloumi, roast red pepper, spinach, tomato & chilli chutney
- pastrami, emmental, gherkins, mustard mayo

6.50

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

THIS WEEK'S SUPER-SALADS

- Atlas Mountain Salad: finely chopped tomato, cucumber, red pepper, red onion, flat leaf parsley, lemon and olive oil (VG)
- The Big Green: Green bean, walnut & orange salad, with potatoes and feta (ask for VG)

side 2.70 / main 6.50

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

SOFT CIABATTA ROLL

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

5.00

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

SAUSAGE (and not-sausage) ROLLS

- mushroom & miso wellington chestnut mushrooms, miso, fresh herbs, mustard, paprika and walnuts baked in puff pastry (VG)

- home-made sausage roll Kittow's pork, caramelised red onion, apple, mustard, sage and rosemary baked in puff pastry

SOUP

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

5.00

served with a little green salad
upgrade to super-salad + 2.70
add sourdough & Rodda's butter + 1.00

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DRINKS AND CAKES

COFFEE & HOT CHOCOLATE

A double-shot of locally-roasted coffee

espresso	2.20
Americano	2.40
flat white	2.85
Flat Eric (flat white meets Americano)	2.60
latte	2.90
cappuccino	2.90
turmeric latte	3.00
hot chocolate	3.00
...add cream & marshmallows +30p	
mocha	3.40
iced americano	2.90
iced latte	3.25
iced mocha	3.50
milk alternatives: oat or <u>almond</u>	+30p
extra shot of coffee	+60p
syrup:	
vanilla / hazelnut / caramel / chai / cinnamon	+60p

CAKES AND TREATS

Home-made

double-choc <u>brownie</u> (GF)	2.95
today's <u>muffin</u> (DF)	2.85
today's <u>cakes</u>	3.00

DaBara

plain <u>croissant</u>	2.25
<u>almond croissant</u> (nuts)	2.85
cinnamon <u>bun</u>	2.95

Exploding Bakery

vegan brownie (VG)	2.95
<u>peanut butter</u> vegan brownie (VG)	2.95

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
small pot	3.50
lge pot	4.50

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 after Covid, it really helps when people choose bottled water 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

FRESH SMOOTHIES

strawberry split

strawberry, banana, and either coconut milk, almond or oat milk

coco-loco

mango, pineapple, coconut, mint, lime & apple juice

avo-gogo

avo, broccoli, spinach, mango, coconut, lime, ginger & apple juice

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