



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

## BREAKFAST / BRUNCH : orders before 12 noon

### OUR AMAZING AMERICAN PANCAKES

a stack of fluffy pancakes of free-range eggs & Trewithen low-fat buttermilk, served with whipped cream

butter & maple syrup

blueberries, strawberries & maple syrup

choc chips, banana & caramel

peanut butter syrup, brownie crumb and banana

**short-stack**  
(2 pancakes)  
6.65

**mid-stack**  
(4 pancakes)  
*most popular*  
8.65

**tall-stack**  
(6 pancakes)  
10.65

add smoked bacon +1.50

add Cornish ice-cream +1.50

please ask if you'd like **GF** pancakes (they're 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 either courgette or asparagus  
4.70

### TOPLESS

A hearty slice of toasted white sourdough (or ask for GF) topped with Freda's amazing Cornish seasalt peanut butter, sliced banana, pomegranate seeds and toasted seeds (vg)  
6.50

### COFFEE

**A double-shot of locally-roasted Olfactory coffee**

espresso	2.10
Americano	2.35
flat white	2.65
flat Eric (flat white meetsAmericano)	2.70
latte	2.85
cappuccino	2.85
<b>iced americano / latte / mocha</b>	<b>2.75 / 3.35 / 3.75</b>
hot chocolate	3.00
mocha	3.25

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

### TEA

English breakfast  
Decaf English breakfast  
Earl Grey  
Green  
Chai  
Red berry & hibiscus  
Lemon & ginger  
Chamomile

cup 2.00

### CAKES AND TREATS

**Our famous home-made...**

double-choc brownie (GF)	2.95
today's muffin (DF)	2.85

**Da Bara**

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

**Exploding Bakery**

millionaire shortbread (EF)	3.00
Bakewell tart (nuts)	3.00

### COLD DRINKS

Luscombe juice - orange or apple (btl)	2.85
Luscombe elderflower bubbly (btl)	2.85
Fentiman's curiosity cola (btl)	2.65
Fentiman's rose lemonade (btl)	2.65
Fentiman's ginger beer (btl)	2.65
San Pellegrino limonata (can)	1.80
San Pellegrino orange & pomegranate	1.80
Innocent smoothie (btl)	3.00
Innocent smoothie (kids' carton)	2.00
Cawston press (kids' carton)	1.20
Water, still or sparkling	sm 1.00 / lg 2.60
<b>(sorry, we can't offer tap water just now)</b>	



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## LUNCH : orders after 12 noon

### TOPLESS

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

> Freda's amazing Cornish seasalt peanut butter, sliced  
banana, pomegranate seeds and toasted seeds (vg)  
6.50

> smashed avo, fresh lime, coriander,  
pomegranate seeds and topped with either  
- feta (v) or  
- grilled mixed peppers (vg)  
7.00

served with a tasty green salad;  
or upgrade to super-salad for 2.70

### PIMPED-UP BAKED BEANS

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

> feta and smoked paprika

> chorizo crumb and cheddar

5.50

(\*shamelessly Heinz, which frankly can't be bettered)

### TODAY ONLY

See separate menu for today's...

> vibrant & tasty super-salad 7.50

> healthy, satisfying frittata 6.00  
upgrade green salad to super-salad for 2.70

> generously-filled ciabatta rolls 5.50  
upgrade green salad to super-salad for 2.70

### ALPINE POTATOES

Smashed new potatoes generously topped with  
melted Gruyere and Emmental cheeses and  
(optional) baby gherkins & chorizo-crumb

6.50 served with a tasty green salad;  
or upgrade to super-salad for 2.70

gherkins contain mustard seeds & sulphites

### COLD DRINKS

Luscombe juice - orange or apple (btl)	2.85
Luscombe elderflower bubbly (btl)	2.85
Fentiman's curiosity cola (btl)	2.65
Fentiman's rose lemonade (btl)	2.65
Fentiman's ginger beer (btl)	2.65
San Pellegrino limonata (can)	1.80
San Pellegrino orange & pomegranate	1.80
Innocent smoothie (btl)	3.00
Innocent smoothie (kids' carton)	2.00
Cawston press (kids' carton)	1.20
Water, still or sparkling	sm 1.00 / lg 2.60
(sorry, we can't offer tap water just now)	

### BOOZE

Beer: 330ml, Firebrand Cornish lager or IPA	3.00
Wine: 250ml, red, white or rose	4.00
Prosecco: 250ml	5.00

### AND AFTERWARDS...

Double-choc brownie (GF)	2.90
...warm with ice-cream	4.50
today's muffin (DF)	2.80
Millionaire shortbread (EF)	3.00
Bakewell tart (nuts)	2.80
Callestick ice cream	2.80

### TO TAKE HOME...?

Olfactory coffee 227g   beans or ground	7.00
DIY pancake kit (makes 12-16 pancakes)	18.00
Cornish Larder marmalade / jam (with Tarquin's gin)	3.80
Freda's seasalt peanut butter	3.80
Da Bara sourdough	2.80

# TODAY...

## soft ciabatta rolls

- Westcountry ham, Davidstow mature Cornish cheddar, apple & fig chutney, jubilee tomato, rocket
- Salami, Cornish brie, jubilee tomato, mustard mayo, basil
- Houmous, cucumber with nigella seeds, jubilee tomato, rocket (V)

## frittata

- St Mawes free range egg, Cornish potato, leek, spring onion, courgette, red pepper and cherry tomato with crumbled feta

or

- as above with chorizo

## super-salad

- The Big Greek – cucumber, heritage tomatoes, red onion, chickpeas, black olives, fresh parsley and mint and oregano with a balsamic dressing (vg available)
- The Super Squash – butternut & carrot roasted in maple syrup and thyme, with puy lentil, red onion, flat leaf parsley & a balsamic dressing, topped with crumbled feta (vg available)

(underlined = contains mustard)

