



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 free-range eggs,
Trewithen low-fat buttermilk.

Rodda's butter & maple syrup

blueberries, strawberries & maple syrup

caramel, choc chip & banana

peanut butter syrup, choc chip & banana

short-stack
(2 pancakes)
6.65

mid-stack
(4 pancakes)
most popular
8.65

tall-stack
(6 pancakes)
10.65

add Kittow's smoked bacon +2.00
add Cornish ice-cream +1.50

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

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
iced americano / latte / mocha	2.75 / 3.35 / 3.75
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 available)	
Earl Grey	
Green	cup 2.00
Chai	
Red berry & hibiscus	
Lemon & ginger	
Chamomile	
Rooibos	

HOME-MADE FRITTATA

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

4.70

add Heinz beans with chorizo or feta +2.00

TOPLESS

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

6.00

BACON ROLL

Three slices of Kittow's smoked back-bacon and your choice of sauce, in a soft, buttered ciabatta roll 4.50

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 apple juice	2.85
Folkington's orange juice	2.85
Luscombe elderflower bubbly	2.85
Innocent smoothie	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)	



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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)
6.00

> 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 - apple	2.85
Folkington's orange juice	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
San Pellegrino limonata or grapefruit	1.80
Innocent smoothie	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