



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 shown in red. E = Egg, G = Gluten, M = Milk, Ms = Mustard, N = Nuts, PN = Peanuts, Ss = Sesame, Su = Sulphites, Sy = Soya.



BREAKFAST / BRUNCH : orders before 12 noon (2pm Sundays)

OUR FAMOUS AMERICAN PANCAKES

A stack of fluffy pancakes made with St Mawes free-range eggs and Trewithen low-fat buttermilk [G, E, M]

- Rodda's butter & pure maple syrup [M]
- blueberries, blackberries & pure maple syrup
- Cornish caramel, choc chip & banana [M, Sy]
- Greek yoghurt (or VG), home-made berry compote, granola [M, N]
 - lemon drizzle & blueberry

2-stack	3-stack	4-stack (most popular)	6-stack
6.75	7.75	8.75	10.75

add two slices of Kittow's smoked back-bacon +2.00
add a scoop of Callestick vanilla ice cream [M] +1.50

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) [E, M]

4.70

add Heinz beans and feta [M] + 1.75
add two slices of Kittow's smoked back bacon + 2.00

TOASTED SOURDOUGH

Two slices of sourdough with Rodda's butter (or DF) and either marmite, jam, honey or marmalade [G, M]

3.50

SAUSAGE (and not-sausage) ROLLS

- mushroom & miso roll: mushrooms, miso, fresh herbs, mustard, paprika and walnuts (VG) [G, N, Ms]

- home-made sausage roll: Kittow's pork, caramelised red onion, apple, mustard, sage, rosemary sesame [G, Ms, Ss, Su]

4.70

add Heinz beans and feta [M] + 1.75

YOGHURT BOWL

Thick Greek (or VG) yoghurt, topped with house red-berry compote, home-made gluten-free granola, berries, sliced banana & toasted seeds [M, N]

4.80

FRESH SMOOTHIES

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

BACON ROLL

Three slices of Kittow's smoked back-bacon and your choice of sauce, in a soft, lightly buttered then toasted ciabatta roll [M, G]

4.70

add avocado +1.00

add brie [M] + 1.00

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

2021-11-01



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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, red pepper, crumbled feta, courgette and herbs (V) [E, M]

5.60

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

TOPLESS SOURDOUGH

A hearty slice of toasted white sourdough (or ask for GF) topped with smashed avo, fresh lime, coriander, pomegranate seeds, toasted seeds. [G]

Top with either feta (V) [M]
or grilled mixed peppers (VG)

6.60

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

SUPER-SALADS

- maple-roasted butternut, cannellini beans and kale with a tahini, yoghurt and ginger dressing (V, VG available) [SS, M]
- citrus roasted potatoes (VG) potato, lemon zest, oregano, roasted garlic, olive oil, finely chopped flat leaf parsley

side 3.00 / main 6.60

add sourdough [G] & Rodda's butter [M] +1.00

SOUP OF THE DAY

Please ask for today's flavour

5.00

served with a little green salad
or upgrade to super-salad + 3.00
add sourdough [G] & Rodda's butter [M] +1.00

ALPINE POTATOES

They're back! New potatoes with Cornish smoked salt and generously topped with melted Swiss gruyere and emmental cheeses (V) [M]
(optional) baby gherkins [Su, Ms] & chorizo-crumb [M]

6.50

served with a little green salad
or upgrade to super-salad + 3.00
add Heinz Baked Beans + 1.75

TOASTED SOURDOUGH SANDWICHES

Soft white DaBara sourdough [G]

- pastrami, emmental, gherkin & mustard mayo [Su, E, Ms]
- Kittow's Cornish Ham, punchy mature cheddar [M] (with or without caramelised onion chutney [Su])
- griddled halloumi, roasted red pepper, spinach and chilli jam [Su, M]
- pesto, mozzarella, sun-dried tomato, spinach (VG available) [M]

6.50

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

SAUSAGE (and not-sausage) ROLLS

- mushroom & miso roll:
mushrooms, lentils, miso, fresh herbs, mustard, paprika and walnuts baked in puff pastry (VG) [G, Ms, N]

- home-made sausage roll:
Kittow's pork, caramelised red onion, apple, mustard, sage and rosemary in puff pastry [G, Ms, E, Ss]

5.50

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

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DRINKS AND CAKES

COFFEE & HOT CHOCOLATE

A double-shot of nationally famous, locally-roasted Origin coffee

espresso	2.20
Americano	2.50
flat white	2.90
Flat Eric (flat white meetsAmericano)	2.65
latte	2.90
cappuccino	2.90
turmeric latte	3.00
hot chocolate	3.00
...add cream [M] / marshmallows +25p each	
Aztec hot choc (a gentle kick chilli & cinnamon)	3.25
kids' hot chocolate	2.50
mocha	3.40
iced americano	2.90
iced latte	3.40
iced mocha	3.60

Almost all of the above contain Milk [M]

oat [G] or almond [N] milk alternative	+30p
extra shot of coffee	+60p
syrup:	
vanilla / hazelnut / caramel / chai / cinnamon	+60p
boozy brew: add a shot of Bailey's [M]	+2.00

CAKES AND TREATS

our house double-choc brownie (GF) [E, Sy]	2.95
warm, with Callestick ice cream [M]	+1.50
vegan brownie (VG) [N]	2.95
today's house muffin (DF) [G, E]	2.85
today's house cake [allergens: please ask]	3.00-3.50
croissant [G, E, M]	2.25
pain au chocolat [G, M, Sy]	2.50
almond croissant [G, E, M, N]	2.85
kouign-amann [G, M]	2.95
brioche doughnut with seasonal jam [G, E, M]	2.85
cinnamon bun (VG available) [G, M]	2.95
lemon & pistachio polenta cake (GF) [M, E, N]	2.95
seedy flapjack (GF) [M, Ss]	2.95
peanut butter & milk chocolate cookie [G, E, N, Sy]	2.20

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	3.75
lge pot	4.50

COLD DRINKS

Coastal Spring 'Lifeboat' Water (choose this to support the RNLI)	1.00 / 2.70
Luscombe	
- apple, orange juice or elderflower bubbly	2.90
Fentiman's	
- curiosity cola, rose lemonade or ginger beer	2.90
Cawston Press	
- spkkg apple or spkkg apple & rhubarb (can)	2.00
San Pellegrino limonata (can)	2.00
ginger & turmeric kombucha	3.00
Innocent smoothie (kids' carton)	2.00
Cawston press juice (kids' carton)	1.30

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	

ALCOHOL

St Ives Meor IPA, 330ml, 4.8% [G]	4.00
St Ives pale ale, 330ml, 4.2% [G]	4.00
Polgoon cider, 330ml, 5%	4.00
Wine: red, white or rose [Su]	5.00 / 16.00
Prosecco [Su]	5.00 / 16.00
Bloody Good Mary	6.00
Opihr gin & tonic	5.00
Mimosa (prosecco & orange juice) [Su]	6.00



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