

~ BREAKFAST ~

(9:00am until 11:00am)

£3.25 | Toast & Trimmings

Toast* with Cornish Butter & Choice of Jam, Marmalade, Marmite or Peanut Butter

£3.75 | Jumbo Oat Cinnamon Porridge

Topped with dried Fruit & Nuts

£5.25 | Toasted Cinnamon & Raisin Bread

Chai Infused Prunes with Greek Yoghurt

£5.25 | Eggs Deli-Style

Eggs Your Way on Toast* with a Tomato Salsa

Additional toppings £1.00 each-

Smoked Bacon, Chorizo Sausage, Grilled Tomatoes, Herby Field Mushrooms, Giant Beans, Hummus & Seeds

£6.00 | Chorizo Sausage Sandwich

Served in our Sourdough Bread* with a Smoky Bravas Mayonnaise and mixed leaves.

Add a Fried Egg for 50p

£7.25 | Chorizo Parilla & Egg

Spicy Chorizo & Butterbeans topped with an Egg, served with our Sourdough*

DELI PLATTERS

£8.95 / Served with Hummus and a slice of our Sourdough Bread *

Italian Meat Feast – Prosciutto di Parma, Mixed Salami & Balsamic Onions

Spanish Selection – Chorizo, Lomo, Manchego & Membrillo (Quince Paste)

Vegetarian – Grilled Artichoke, Cherrybell Peppers & Sunkissed Tomatoes (Vegan option available)

Old Faithful – Prosciutto di Parma, Anchovies & Grilled Artichoke

£10.95 / Cheese Board- Choose 3 Cheeses you fancy & we'll sort the Crackers & Chutney

~ ALL DAY SMALL PLATES ~

(9.00am until 4.30pm)

£5.50 | Soup (see board for details)

Served with a slice of our Sourdough Bread *

£5.75 | Hummus Plate

Our Hummus Selection served with 2 slices of our Sourdough *

£6.50 | Daily Sandwich Specials (see board for details)

Made with our Sourdough Bread *

£6.95 | Mezze Salad

A selection of our daily Deli Salads (see board for details) with Hummus, Sunkissed Tomatoes, and Toasted Seeds

£7.25 | Daily Tart (see board for details)

Served with Dressed Leaves & a selection of our Deli Salads

ADD ONS

£1.00 | Gluten Free Roll*

£2.50 | Bread, Oil, Balsamic Vinegar

£2.75 | Deli Counter Antipasti 100g of any of our Antipasti

£3.25 | Patatas Bravas Lightly Fried Cornish Potatoes served with Smoky Tomato Salsa

£3.50 | Side Salad Selection of our Deli Salads

~ JULY LUNCH SPECIALS ~

(12:00noon - 3:00pm)

£6.95 | Montgomery Cheddar & Apple,

White Miso Kimchi Toastie

Served with a Dressed Garden Salad

£7.50 | Chorizo, Chilli Linguine & Rosemary Frittata

Served with a mix of our Deli Salads

£7.95 | Falafel on our Pitta Bread with Feta & Pickle (v)

Garden Salad dressed with a Tahini Vinaigrette

£8.75 | Potato Rosti, Prosciutto di Parma, Saffron Aioli

Topped with a Poached Egg, Chives & Radish and served with our Sourdough*

Want it Veggie?– Swap in a Field Mushroom

£8.95 | Chicken Caesar Croquettes, English Muffin

Served with Romaine Lettuce Puree & Caesar Mayonnaise, Parmesan, dressed Garden Salad

~ DESSERTS ~

£1.95 | Moomaid Ice Creams (ask at for flavours)

£2.50 | Three of our Cornish Macarons

£4.50 | Chocolate & Cornish Honey Tart

Check out our Counter for more Sweet Treats

~ SUMMER WINE SUGGESTION ~

Bellefontaine Grenache Rosé, Pays d'Oc 2017

£4.25 | £5.25 | £6.25 | £17.75