

Breakfast

Served until 11.30am

We locally source our ingredients, use free range produce and proudly support Cornish farms.

GT Breakfast 8.75

Two poached eggs, grilled bacon, sliced avocado, toasted sourdough

GT Veggie Breakfast 8.25

Two poached eggs, sliced avocado, roasted tomatoes, toasted sourdough

Loaded Toast VEGAN 7.75

Roasted tomatoes, seasoned and smashed avocado, toasted sourdough

Eggs Anyway on Toast 6.25

Have eggs anyway you like, white or multiseed bread

KIDS' SIZE AVAILABLE 4.95

Breakfast Sandwiches

Served on white or multiseed bread

Grilled Back Bacon 5.5

Cornish Sausage 7

Sausage & Bacon 8.5

Add a Fried Egg 1.5

Smoked Salmon 10.75

& Scrambled Eggs

Smoked salmon, scrambled eggs, toasted sourdough

Add Extras

Size up your breakfast with a few extras

Smoked Salmon 4.95

Two Rashers of Bacon 1.5

Cornish Sausage 2

Veggie Sausage 1.5

Avocado 1.6

Granola Bowl 7

Fresh fruit, oats, nuts, seeds, dried fruit, Greek yoghurt, organic honey

Toast & Jam 3.75

or Marmalade

Two slices of white or multiseed bread, real butter, jam or marmalade

Lunch

Served from 12 to 3.30pm

Freshly prepared lunch specials served daily. Look at our blackboard to see what's available.

Sandwiches

Side salad, homemade dressing, served on white or multiseed bread

Falafel, Beetroot, 8.25

Spinach & Sweet

Chilli Jam VEGAN

Pesto, Tomato 7.25

& Mozzarella

Parma Ham, 8.75

Pesto, Tomato

& Mozzarella

Cornish Mature 6.95

Cheddar & Chutney

VEGAN CHEESE AVAILABLE

Cornish Sausage 8.25

& Caramelised

Red Onion Jam

Bacon, Lettuce, 8.5

Avocado & Tomato

Open Sandwiches

Side salad, homemade dressing, served on toasted sourdough

Smoked Salmon, 10.75

Cucumber &

Cream Cheese

Homemade Egg 7.25

Mayo & Cress

Kids' Sandwiches 5

Mini sandwiches, side salad, served on white or multiseed bread

Cheddar Cheese/

Ham/Egg Mayo/Jam

VEGAN CHEESE AVAILABLE

Salad Bowls

Mixed salad leaves, avocado, toasted seeds, cucumber, tomatoes, homemade dressing

Simple 7

Egg Mayo 8

Falafel VEGAN 9.25

Smoked Salmon 11.5

Served all day

Cream Teas

Cornish Cream Tea 7.95

Two warm homemade plain scones, strawberry jam, Rodda's clotted cream, pot of tea for one

MADE WITHOUT GLUTEN AVAILABLE

Vegan Cream Tea 8.45

Two warm homemade vegan scones, strawberry jam, whipped oat cream, pot of tea for one subject to availability

Fizzy Cream Tea 12.95

Upgrade your cream tea to a mini bottle of Prosecco

For a truly Cornish Cream Tea — evenly spread the jam first (very important!) Then top proudly with lots of clotted cream.

Toasted Teacakes

Teacake 3.25

A traditionally warm teacake served with real butter

Ice Creams

Trealeavens 2.95

Award winning Cornish ice cream. Ask the team to find out what flavours are available

Homemade Cakes

Delicious Cakes & Treats

Take a look at our blackboard to see what's available