



Breakfast

Served until 11.30am

GT Breakfast 7.25

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

GT Veggie Breakfast 6.75

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

Loaded Toast VEGAN 6.25

Roasted tomatoes, sliced avocado, sourdough bread

Eggs Anyway on Toast 5.5

Have eggs anyway you like, white or multiseed bread

KIDS! SIZE AVAILABLE 4.5

Breakfast Sandwiches

Served on white or multiseed bread

Grilled Back Bacon 4.95

Cornish Sausage 6.75

Sausage & Bacon 7.75

Add a Fried Egg 1

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

Smoked Salmon 8.75

& Scrambled Eggs

Smoked salmon, scrambled eggs, sourdough bread

Add Extras

Size up your breakfast with a few extras

Smoked Salmon 4

Two Rashers of Bacon 1.5

Cornish Sausage 1.95

Veggie Sausage 1.25

Avocado 1.25

Granola Bowl 6.25

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

Toast & Jam 2.95

or Marmalade

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

Lunch

Served from 12 to 3.30pm

Sandwiches

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

Falafel, Beetroot, 6.95

Spinach & Sweet

Chilli Jam VEGAN

Pesto, Tomato 6.75

& Mozzarella

Parma Ham, 7.25

Pesto, Tomato

& Mozzarella

Cornish Mature 6.5

Cheddar & Chutney

VEGAN CHEESE AVAILABLE

Cornish Sausage 7.25

& Caramelised

Red Onion Jam

Bacon, Lettuce, 7.25

Avocado & Tomato

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

Open Sandwiches

Side salad, homemade dressing, served on sourdough bread

Smoked Salmon, 8.75

Cucumber &

Cream Cheese

Homemade Egg 6.5

Mayo & Cress

Kids' Sandwiches 4.5

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

Egg Mayo 6.75

Falafel VEGAN 6.75

Smoked Salmon 9.25

Served all day

Cream Teas

Cornish Cream Tea 6.5

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

MADE WITHOUT GLUTEN AVAILABLE

Vegan Cream Tea 7.5

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

SUBJECT TO AVAILABILITY

Fizzy Cream Tea 11.95

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 2.5

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

Some of our food and drink may contain nuts and allergens. If you have dietary requirements please speak to our team, who can advise you on your choice.