



Breakfast

Served until 11.30am

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

Lunch

Served from 12 to 3.30pm

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

GT Breakfast 8.25

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

GT Veggie Breakfast 7.75

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

Loaded Toast VEGAN 7.25

Roasted tomatoes, sliced avocado, toasted sourdough

Eggs Anyway on Toast 5.95

Have eggs anyway you like, white or multiseed bread

KIDS' SIZE AVAILABLE 4.75

Breakfast Sandwiches

Served on white or multiseed bread

Grilled Back Bacon 5.25

Cornish Sausage 6.95

Sausage & Bacon 7.95

Add a Fried Egg 1.5

Smoked Salmon & Scrambled Eggs 9.95

Smoked salmon, scrambled eggs, toasted sourdough

Add Extras

Size up your breakfast with a few extras

Smoked Salmon 4.75

Two Rashers of Bacon 1.5

Cornish Sausage 1.95

Veggie Sausage 1.5

Avocado 1.5

Granola Bowl 6.95

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

Toast & Jam 3.5

or Marmalade

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

Sandwiches

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

Falafel, Beetroot, 7.95

Spinach & Sweet

Chilli Jam VEGAN

Pesto, Tomato 6.95

& Mozzarella

Parma Ham, 7.95

Pesto, Tomato

& Mozzarella

Cornish Mature 6.75

Cheddar & Chutney

VEGAN CHEESE AVAILABLE

Cornish Sausage 7.95

& Caramelised

Red Onion Jam

Bacon, Lettuce, 8.25

Avocado & Tomato

Open Sandwiches

Side salad, homemade dressing, served on toasted sourdough

Smoked Salmon, 9.95

Cucumber &

Cream Cheese

Homemade Egg 6.95

Mayo & Cress

Kids' Sandwiches 4.95

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 7.5

Falafel VEGAN 8.95

Smoked Salmon 10.25

Served all day

Cream Teas

Cornish Cream Tea 7.25

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

MADE WITHOUT GLUTEN AVAILABLE

Vegan Cream Tea 7.95

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 2.95

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.



Teas

Cornwall's Finest Breakfast Tea

A refreshing everyday tea

Pot for one	2.95
Pot for two	4.95

Cornwall's Finest Loose Leaf Tea	3.25
Hand blended tea	

Earl Grey
Chamomile
Green
Peppermint
Red Berry
Lemon Verbena

Coffees

Carraro 1927 Coffee

Our house blend is from Venice, Italy

Espresso	2.7
Americano	3
Flat White	3.15
Latte	3.25
Cappuccino	3.25
Mocha	3.7

Iced Latte	3.8
Flavoured syrups available	.55

Oat Milk	.55
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Hot Chocolates

Hot Chocolate	3.45
GT Hot Chocolate	4.95
Whipped cream, chocolate flakes, dipping marshmallows	
Kids' Hot Chocolate	2.8

Beers, Ales & Ciders

Peroni Beer 330ML	4.25
Doombar Amber Ale 500ML	5.5
Cornish Orchard Cider 500ML	5.5
Gold/Blush	

Wines & Fizz

Wine	175ML	187ML	250ML	BOTTLE
White/Rosé	5.95	-	7.5	19.75
Red	-	6.95	-	19.95

Fizz	-	-	200ML	BOTTLE
Prosecco	-	-	8.5	26
Camel Valley	-	-	-	49

Soft Drinks

Folkington's 100% Natural Juices 250ML	3.35
Orange/Apple/Mango	

Folkington's Natural & Gently Sparkling 250ML	3.25
Lemon & Mint/Rhubarb & Apple/Elderflower Pressé	

Organic Ginger Beer 270ML	3.5
Organic Sparkling Orange & Lemon 270ML	3.5
Coca Cola/Diet Coca Cola 330ML	2.95
Still Bottled Water 500ML	2.25
Sparkling Bottled Water 250ML	2.5
Kids' Milk 250ML	1.75

Nibbles

Hand Cooked Crisps	1.5
Salted Mixed Nuts	2.25
Marinated Olives	3.25