



PLEASE ORDER AND PAY AT THE BAR



FEELING SOCIAL? FOLLOW US ON



BREAKFAST

MORNING SANDWICHES

Choose from thick cut white or granary bloomer bread.

FREE RANGE SAUSAGE 5.95

GRILLED BACK BACON 4.75

SAUSAGE & BACON 6.50

Add a **FRIED EGG** 1



“WE LOCALLY SOURCE OUR INGREDIENTS, PROUDLY SUPPORT CORNISH FARMS AND ALWAYS USE FREE RANGE SAUSAGE AND EGGS.”

ANY ALLERGIES OR INTOLERANCES? PLEASE LET THE TEAM KNOW AND WE'LL BE HAPPY TO HELP. WE HAVE A HANDFUL OF GLUTEN FREE OPTIONS AVAILABLE.

SERVED TO 11.30

CORNISH GRANOLA BOWL 5.50

A delicious combination of oats, nuts, seeds and dried fruit. Layered with Greek yoghurt, fresh fruit and honey drizzle.

GT BREAKFAST 6.70

Two poached eggs with grilled bacon and sliced avocado on toasted sour dough bread.

GT VEGGIE BREAKFAST 6.25

Toasted sour dough bread topped with two poached eggs, avocado and cherry tomatoes.

SMOKED SALMON & EGGS 7.75

Smoked salmon with fluffy scrambled eggs on toasted sour dough bread.

EGGS ANYWAY ON TOAST 4.95

Have eggs anyway you like, with your choice of thick cut white or granary bloomer bread.

TOAST & JAM/MARMALADE 2.75

Two slices of thick cut white or granary bloomer bread served with real butter and a pot of jam or marmalade.

LUNCH

SALAD BOWLS

Mixed salad leaves layered with avocado, cherry tomatoes, cucumber, toasted seeds and a homemade dressing. *Topped with...*

EGG MAYO 6.25

PARMA HAM 6.75

SMOKED SALMON 7.75

SPECIALS

Peek at our blackboard to see what freshly prepared homemade specials are available today.

SERVED FROM 12-3.30

SANDWICHES

Served with side salad, homemade dressing and your choice of thick cut white or granary bloomer bread.

DAVIDSTOW CHEDDAR CHEESE & CHUTNEY 5.95

HOMEMADE PESTO, TOMATO & MOZZARELLA 6.25

PARMA HAM, MOZZARELLA, TOMATO & HOMEMADE PESTO 6.75

SAUSAGE & CARAMELISED RED ONION JAM 6.50

BACON, LETTUCE, AVOCADO & TOMATO 6.50

OPEN SANDWICHES

With side salad, homemade dressing and lightly toasted sour dough bread.

SMOKED SALMON, CUCUMBER & CREAM CHEESE 7.75

HOMEMADE EGG MAYO & CRESS 5.95

KIDS' SANDWICHES

Mini sandwiches served with a small side salad. Choice of either white or granary bread.

ALL 3.50

GRATED CHEDDAR CHEESE / JAM / HOMEMADE EGG MAYO / SLICED HAM