

## Breakfast

Served until 11.30am

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

**GT Breakfast** 9.5  
Two poached eggs, grilled bacon, sliced avocado, toasted sourdough

**GT Veggie Breakfast** 9  
Two poached eggs, sliced avocado, roasted tomatoes, toasted sourdough

**Loaded Toast** VEGAN 8.5  
Roasted tomatoes, seasoned and smashed avocado, toasted sourdough

**Eggs Anyway on Toast** 6.5  
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** 6  
**Cornish Sausage** 7.5  
**Sausage & Bacon** 9  
**Add a Fried Egg** 1.75

**Smoked Salmon & Scrambled Eggs** 12  
Smoked salmon, scrambled eggs, toasted sourdough

**Add Extras**  
Size up your breakfast with a few extras

**Smoked Salmon** 5.5  
**Two Rashers of Bacon** 1.75  
**Cornish Sausage** 2.25  
**Veggie Sausage** 1.5  
**Avocado** 2

**Granola Bowl** 7.5  
Fresh fruit, oats, nuts, seeds, dried fruit, Greek yoghurt, honey

**Toast & Jam** 4  
**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, crisps, served on white or multiseed bread

**Falafel, Beetroot, Spinach & Sweet Chilli Jam** VEGAN 9

**Pesto, Tomato & Mozzarella** 7.5  
ADD PARMA HAM 1

**Cornish Mature Cheddar & Chutney** 7.5  
VEGAN CHEESE AVAILABLE

**Cornish Sausage & Caramelised Red Onion Jam** 9

**Bacon, Lettuce, Avocado & Tomato** 9

**Open Sandwiches**  
Side salad, homemade dressing, crisps, served on toasted sourdough

**Smoked Salmon, Cucumber & Cream Cheese** 12

**Homemade Egg Mayo & Cress** 7.5

**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** 8.75  
**Falafel** VEGAN 10  
**Smoked Salmon** 13

Served all day

## Cream Teas

**Cornish Cream Tea** 8.25  
Two warm homemade plain scones, strawberry jam, Rodda's clotted cream, pot of tea for one  
MADE WITHOUT GLUTEN AVAILABLE

**Vegan Cream Tea** 8.75  
Two warm homemade vegan scones, strawberry jam, whipped oat cream, pot of tea for one subject to availability

**Fizzy Cream Tea** 13.5  
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** 3.5  
A traditionally warm teacake served with real butter

## Ice Creams

**Trealeavens** 3.25  
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

## Teas

### Cornwall's Finest Breakfast Tea

A refreshing everyday tea

Pot for one	3
Pot for two	5

### Cornwall's Finest Loose Leaf Tea 3.5

Choose from our selection of hand blended teas.

Earl Grey  
Chamomile  
Green  
Peppermint  
Red Berry  
Lemon Verbena

## Coffees

### Carraro 1927 Coffee

Our house blend is from Venice, Italy

Espresso	2.8
Americano	3.2
Flat White	3.5
Latte	3.6
Cappuccino	3.6
Mocha	3.9

Iced Latte	4
Flavoured syrups available	.55

Oat Milk	.55
----------	-----

## Hot Chocolates

Hot Chocolate	3.5
GT Hot Chocolate	5

Whipped cream, chocolate flakes,  
dipping marshmallows

Kids' Hot Chocolate	2.8
---------------------	-----

## Beers, Ales & Ciders

Peroni Beer 330ML	4.25
Peroni 0.0% Alcohol Free Beer 330ML	3.75
Doombar Amber Ale 500ML	5.75
Cornish Orchard Cider 500ML	5.75
Choose from Gold or Berry	

## Wines & Fizz

Wine	175ML	187ML	250ML	BOTTLE
White/Rosé	6.5	-	8	22
Red	-	7	-	21

Fizz	-	-	200ML	BOTTLE
Prosecco	-	-	8.5	26
Camel Valley	-	-	-	50

## Soft Drinks

Folkington's 100% Natural Juices 250ML	3.5
Orange/Apple/Mango	

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

Organic Ginger Beer 270ML	3.75
Organic Sparkling Orange & Lemon 270ML	3.75
Coca Cola/Diet Coca Cola 330ML	2.95
Still Bottled Water 500ML	2.25
Sparkling Bottled Water 250ML	2.5
Kids' Milk 250ML	1.95

## Nibbles

Hand Cooked Crisps	1.6
Salted Mixed Nuts	2.75
Marinated Olives	3.5