

# BREAKFAST

SERVED FROM 8:00 - 11:45

## MIX FRY-UP 12 (Gfa)

CORNISH SAUSAGE, BACON, FRIED EGG  
HOMEMADE BEANS, GRILLED BEEF TOMATO, GRILLED  
MUSHROOM, HASHBROWN & SOURDOUGH TOAST

## MEXICAN EGGS 10 (V, Vga, Gf)

SPICY HOMEMADE BEANS, FRIED EGG, SLICED AVOCADO

## VEGETARIAN FRY-UP 11 (V, Vga)

VEGAN SAUSAGE & AVOCADO, FRIED EGG  
HOMEMADE BEANS, GRILLED BEEF TOMATO, GRILLED  
MUSHROOM, HASHBROWN & SOURDOUGH TOAST

## SCRAMBLED EGGS 7 (V, Gfa)

THREE FREE RANGE EGGS ON SOURDOUGH

# BRUNCH

SERVED FROM 8:00 - 3:00

## CIABATTA ROLLS (Gfa)

BACON OR SAUSAGE 6

## ALL IN

BACON, SAUSAGE & FRIED EGG 8

## PANCAKES

4 PANCAKES WITH BERRIES & MAPLE SYRUP 7

4 PANCAKES WITH MAPLE SYRUP, BACON & BLUEBERRIES 9

## BAGELS OR SALAD BOWLS

### OAK SMOKED SALMON 9 (Gfa)

CORNISH SMOKED SALMON, CREAM CHEESE, ROCKET, LEMON,  
DILL & CAPERS

### MOZZARELLA AND PROSCIUTTO 8 (Gfa)

MOZZARELLA, TOMATO, PESTO, BASIL, ROCKET, PROSCIUTTO

### GRILLED HALLOUMI BAGEL 10 (V, Gfa)

HALLOUMI, AVOCADO, TOMATO, ROCKET, LIME & CHILLI JAM

## TOASTIES

### CHEESE SOURDOUGH TOASTIE 7 (V, Vga)

ADD GAMMON HAM 2 ADD TOMATO OR VEGAN CHEESE 1

### GOATS CHEESE & RED ONION CHUTNEY 8.50 (v)

WALNUT & ROCKET

### CHARCUTERIE TOASTIE 8.50

DELI MEATS, CHEESE & ROASTED PEPPERS

## SOURDOUGH

### AVOCADO AND FETA 9 (Vg, Gfa)

SMASHED AVOCADO, FETA, POMEGRANETE & ROCKET

### SOURDOUGH TOAST 3

BUTTER, JAM, PEANUT BUTTER OR MARMALADE

## SCONES

### CORNISH CREAM TEA (V)

STRAWBERRY JAM, CLOTTED, CREAM, BREAKFAST TEA 7.50

### CHEESE SCONE

JUST BUTTER 4

CREAM CHEESE & CHUTNEY, BREAKFAST TEA 7.50

## BOWLS

### GRANOLA 7.5 (V, Gfa, Vga)

GREEK YOGHURT BASE, GRANOLA,  
BANANA & SEASONAL FRUIT

### SMOOTHIE 8 (V, Gfa, Vga)

CHOOSE YOUR SMOOTHIE BASE (SEE DRINKS MENU)

WITH BANANA & SEASONAL FRUIT

ADD PROTEIN 1

## SMOOTHIES (Vg) 5.5

### PINK DRAGON

DRAGON FRUIT, BANANA, RASPBERRIES, STRAWBERRIES,  
COCONUT MILK

### GREEN MATCHA

MANGO, LIME, PINEAPPLE, SPINACH, MATCHA

### SUNRISE

MANGO, GINGER, TURMERIC,

ORANGE JUICE

### BLUE MAGIC

BANANA, BLUEBERRIES, BLUE SPIRULINA, COCONUT MILK,  
YOGHURT

## PROTIEN SHAKES(Vg) 6.5

### NUTS ABOUT YOU

CHOCOLATE PROTEIN, PEANUT BUTTER, BANANA,  
ALMOND MILK

### STRAWBERRY FIELDS

STRAWBERRY PROTEIN, BANANA, STRAWBERRIES,  
COCONUT MILK

### MIX MORNING

VANILLA PROTEIN, ESPRESSO SHOT, BANANA, HONEY,  
OAT MILK

VEGAN PROTIEN AVAILABLE

## EXTRAS

PITTA& HUMMUS 4.5 (v)

OLIVES 4

AVOCADO | CHEESE | FRIED EGG | HASHBROWN | BACON 1.5

SAUSAGE(GF) | HALLOUMI | FETA 2

SIDE SALAD 4



PLEASE MAKE STAFF AWARE OF ALLERGENS

V- vegetarian, Ve - vegan, Vga - vegan option available, GF - gluten-free, Gfa - gluten-free option available

Our GF and GFA options are made using gluten-free ingredients, however please note that our kitchen is not gluten free and we cannot guarantee the absence of gluten in our dishes. Some dishes may contain nuts.