

SOURDOUGH SESSIONS 10.00

Sourdough from local bakery Gorse

WILD MUSHROOMS (v)

Sauteed Shrooms, Garlic Cream. Herbs. Seeds.

AVO & FETA (v)

Sliced Avo. Crumbled Feta. Pomegranate Seeds. Olive Oil drizzle. Balsamic. Pea Shoots & Seeds.

Add Bacon 2.00

CORNISH SCRAMBLE (v)

3 St Ewe Rich Yolk. Dill Oil. Pea shoots. Seeds.

Add Bacon/Feta 2.00

CORNISH SMOKEY SCRAMBLE

3 St Ewe Rich Yolk. Chorizo. Chorizo Butter. Pea Shoots. Chilli Flakes. Lime.

TURKISH EGGS (v)

Greek Yoghurt. St Ewe pouched eggs. Chilli Oil. Seeds. Fresh Dill & Coriander.

BAGEL BAR 10.00

HALLOUMI (v)

Grilled Halloumi. Avocado. Vine Tomato. Rocket. Cornish Chilli Jam.

AVO & EGG (v)

Sliced Avo. St Ewe Egg. Cornish Chilli Jam.
Add Bacon 2.00

CHICKEN & AVO

Caesar Dressing. Rocket. Tomato.
Add Bacon 2.00

FEEL GOOD PLATES 11.00

HOT HONEY HALLOUMI (v)

MIX Homemade Hummus. Grilled Halloumi. Spiced Roasted Veg. Pomegranate Jewels & Drizzle. Seeds & Mixed Leaves

CONSCIOUS CAESAR

Homemade Caesar Dressing. Sourdough croutons. Pouched egg. Parmesan. Fresh leaves
Add Chicken or Bacon 2.00

BALANCE BOWLS 8.5

OVERNIGHT OATS (gf,v)

Oats. Vanilla Protein. Poached Cinnamon Apple. Homemade GF Granola. Greek Yoghurt.
Add Banana 0.5 or Berry Compote 2.00

MIX BOWL. (gf,v)

Greek Yoghurt. Homemade GF Granola. Banana. Homemade Compote. Honey.

PANCAKES 8.5

4 American Pancakes.

MAPLE MOOD

Bacon. Maple syrup.

WHOLESOME STACK

Greek Yogurt. Berries. Homemade Granola.

MINI MIXERS

PANCAKES 4.5

2 American Pancakes. Maple syrup.
Add Berry Compote or Cornish Bacon 2.00

LITTLE CORNISH SCRAMBLE 5.5

2 St Ewe Rich Yolk. Butter. Sourdough.
Add Bacon 2.00

BAGEL BAR 5.00

Butter
Choice of Peanut Butter or Jam or Marmalade or banana & honey

MINI MIX BOWL 5.00

Greek Yoghurt. Banana. Homemade Compote. Honey.

Extras 2.00

Avocado

Bacon

Feta

Egg

Sourdough

*vegan options available please ask.

*Small kitchen using gluten & nuts please make staff aware of allergies