

# SUSTAINABILITY

## BREAKFAST

**01. BREAKFAST FRUIT POT WITH HAND CUT SELECTION OF SEASONAL AND TROPICAL FRUITS (Vegan)** **£3.50**



**02. BIRCHER MUESLI BOWL WITH YOGHURT, MAPLE SYRUP AND GRATED APPLE TOPPED WITH MIXED SEEDS (Vegan / Oats)** **£3.25**



**03. BREAKFAST CROISSANT WITH HERITAGE TOMATO AND DAVIDSTOW CHEDDAR CHEESE (Gluten / Dairy)** **£4**



**04. CORNISH CHEESE ON TOAST ON FARMHOUSE BREAD WITH LOCAL HERITAGE TOMATO CHUTNEY (Veg / Gluten / Dairy / Sulphites)** **£3.50**



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## LUNCH



### 01. CREAMY MUSHROOM AND SPINACH FOCACCIA

(Gluten / Dairy)



£4.99

### 02. CORNISH DAVIDSTOW CHEDDAR POTATO FRITTATA SERVED WITH LIZARD LEAVES AND BURTS CRISPS

(Veg / Egg / Dairy)



£4.50

### 03. A SELECTION OF GRAINS AND PULSES, SEASONAL LEAVES, PLANT-BASED ITEMS, CROUTONS, SEEDS, SALAD DRESSING AND OILS.

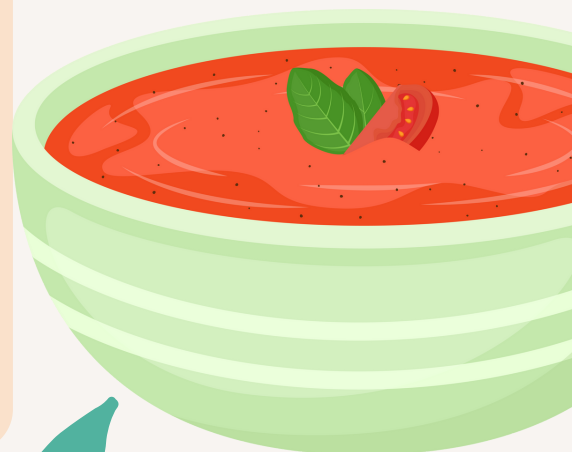
£3.95

(Vegan / Gluten / Sulphites / See daily menus for allergens)

### 04. ROD AND BENS SOUP OF THE DAY, BREAD AND BUTTER

£3.95

(See menu for allergens)



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## WRAPS

Gluten Free Options Available on Request



**01 . CHEDDAR CHEESE WITH CHUTNEY,  
SLICED TOMATO SERVED WITH NAKED  
SLAW AND LEAF SALAD**

(Veg / Gluten / Sulphites)

£5

**02 . SMASHED CORONATION  
CHICKPEA WITH MANGO CHUTNEY AND  
CUCUMBER SERVED WITH NAKED  
SLAW AND LEAF SALAD**

(Vegan / Gluten / Mustard)

£5

**03 . FALAFEL WITH GREEK STYLE  
HUMMUS SERVED WITH A NAKED SLAW  
AND LEAF SALAD**

Not available as Gluten Free\*  
(Vegan / Gluten / Sesame)

£5

**04 . MOCK DUCK IN A HOI SIN SAUCE  
WITH SPRING ONION AND CUCUMBER  
SERVED WITH NAKED SLAW AND LEAF  
SALAD**

(Vegan / Gluten / Soya)

£5.5



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## DRINKS

### HOT DRINKS

COFFEE FROM CORNISH COFFEE  
ROASTED IN REDRUTH

NUDITTEA LOOSE LEAF TEA £2.30  
TRY SOMETHING NEW WITH TEA OF  
THE WEEK £1.50



### COLD DRINKS

MARLISH SPARKLING WATER £1.60  
KARMA DRINKS £3.50

REFILLABLE WATER STATION  
STILL OR SPARKLING (FREE)

### THE RETURNABLE CUP

PAY £2 FOR A REUSABLE CUP, YOUR DRINK IS SERVED IN A CIRCULAR RETURNABLE CUP, ENJOY YOUR SUSTAINABLE CUPPA ON-THE-GO. KEEP YOUR CUP FOR YOUR NEXT VISIT. NEXT TIME YOU CAN EXCHANGE YOUR CUP FOR YOUR £2, OR SWAP IT FOR A FRESH ONE FOR YOUR NEXT DRINK. **ASK STAFF FOR MORE DETAILS**

