

BREAKFAST

WAFFLES £4

01. BELGIAN WAFFLES WITH BISCOFF SAUCE AND BISCOFF CRUMBLE (Vegan) (Gluten/Soya)

02. BELGIAN WAFFLES WITH PLANT BASED YOGHURT WITH BERRY COMPOTE (Vegan) (Gluten/Soya)



YOGHURT POTS £2.50

03. PLANT BASED YOGHURT TOPPED WITH GRANOLA AND BERRIES (Vegan)

(Soya / Gluten/ Tree Nuts / Almonds)



CHEESE ON TOAST £2.50

04. THICK SLICED TOAST WITH MATURE CHEDDAR CHEESE, APPLE AND ALE CHUTNEY AND FRESH TOMATO. (Gluten/ Milk / Mustard / Sulphites)

05. TOAST WITH MATURE CHEDDAR CHEESE, MANGO CHUTNEY, RED ONION, CHILLI AND CORIANDER.

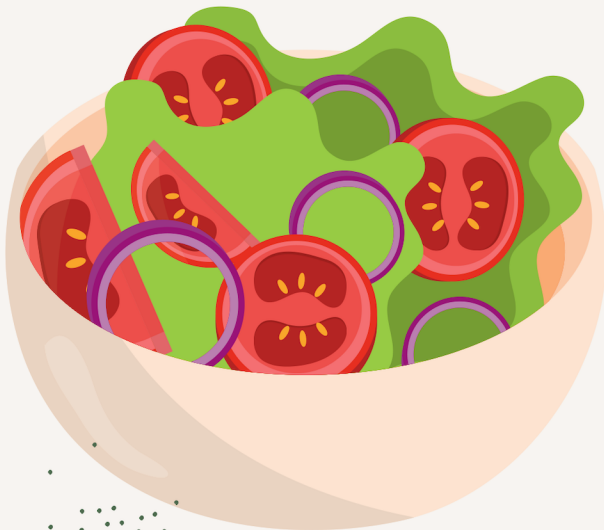
(Gluten/ Milk)



BAGELS

ALL BAGELS SERVED WITH SALTED CRISPS AND SIDE SALAD

(GLUTEN FREE OPTION AVAILABLE ON REQUEST)



01. MULTI SEED ONION BHAJI BAGEL WITH MANGO CHUTNEY AND SWEET CHILLI SAUCE

(Gluten/ Sesame (MC) / Mustard)

02. MULTI SEED SEASONED AVOCADO BAGEL WITH SRIRACHA

(Gluten/ Sesame (MC) / Soya (MC) Mustard (MC))

03. MULTI SEED FALAFEL AND HUMMUS BAGEL

(Gluten/ Sesame)

04. MULTI SEED MOCK DUCK BAGEL WITH HOI SIN SAUCE, CUCUMBER AND SPRING ONION

(Gluten/ Sesame/Soya)

ALL £5.50

SOUP

05. SOUP OF THE DAY £2.50

(See menu for flavour and allergens)

ADD BREAD ROLL FOR 70P

ADD CHEESE ON TOAST SLICE FOR £2

(See breakfast menu for details)





PASTRIES



FRESHLY BAKED VEGAN PASTRIES

RASPBERRY CROISSANT £1.50

Gluten/Tree Nuts (MC)Ground Nuts(MC)Sesame(MC)

PRALINE CROISSANT £1.90

Gluten / Tree Nuts / Ground Nuts

PAIN AU CHOCOLAT £1.90

Gluten / Tree Nuts (MC) / Ground Nuts (MC)

BLUEBERRY CROISSANT £1.50

Gluten / Tree Nuts (MC) / Ground Nuts (MC)



SWEET TREATS

SELECTION OF LOCALLY BAKED SWEET TREATS

Vegan and Gluten Free Options Available

CARROT CAKE £2.50

CHOCOLATE NESTS £1.80

LUXURY CHOCOLATE BROWNIE £3

FILLED MUFFINS £3

FILLED DOUGHNUTS £2

CHERRY AND ALMOND BISCUITS 80P

STEM GINGER BISCUITS £2

DIPPED CHOCOLATE COOKIES £2

VEGAN CHOCOLATE ORANGE TART £2.90

VEGAN COCONUT CHOCOLATE TART £2.90

VEGAN CHOCOLATE ORANGE CAKE £2.90

See Staff and Signs for Allergens

TREAT YOURSELF TO SOMETHING SWEET YOU DESERVE IT!
ADD A TEA OF THE WEEK FOR £1.50 A POT



DRINKS

COFFEE

**COFFEE FROM CORNISH COFFEE
ROASTED IN REDRUTH**

Milk Options : Oat / Almond / Soya / Coconut / Cow



**WE KNOW YOU LOVE OUR TEA.
PLEASE DON'T TAKE OUR
TEAPOTS. GRAB A REUSABLE
CUP AND DRINK IT ON THE GO
AND ENJOY IT ANYWHERE
ON CAMPUS!**

TEA

NUDITEA LOOSE LEAF TEA

Small independent business run by partners Sophie and Josh who specialise in creating eco conscious and delicious whole leaf tea blends. All ingredients are 100% natural and ethically sourced from trusted smallholder and sustainably packaged in 100% plastic free and compostable pouches and teabags.

**SEE CHALK BOARD
FOR FULL TEA RANGE OR
TRY TEA OF THE WEEK FOR £1.50**

COLD DRINKS

**MARLISH SPARKLING WATER £1.60
KARMA DRINKS £3.50**

**REFILLABLE WATER STATION
STILL OR SPARKLING (FREE)**



INFO

WATER FOUNTAIN

H₂O

FREE REFILLABLE WATER STATION
STILL OR SPARKLING WATER AVAILABLE
FILL UP YOUR OWN WATER BOTTLE OR TAKE A
GLASS AND SIT IN

THE VEGETARIAN SOCIETY

WE HAVE BEEN OFFICIALLY APPROVED BY THE
VEGETARIAN SOCIETY AS A VEGAN AND VEGETARIAN
CAFE



REFILLABLE MILK BOTTLES

WE BUY OUR MILK IN 24 PINT PERGALS FROM TREWITHAN
DIARY IN LOSTWITHIEL TO REDUCE THE AMOUNT OF
PLASTIC MILK BOTTLES USED IN THE CAFE. YOU CAN
PURCHASE A GLASS TREWITHAN DAIRY MILK BOTTLE FOR
£3 AND KEEP FILLING IT UP FOR ONLY £1.50

THE RETURNABLE CUP SCHEME

PAY £2 (80Z) OR £3 (120Z) 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 MONEY BACK OR
SWAP IT FOR A FRESH ONE FOR YOUR NEXT DRINK



ASK STAFF FOR MORE DETAILS