

Food

Soup

ALWAYS VEGAN, ALWAYS DELICIOUS!

CHEF'S HOMEMADE SOUP OF THE DAY VG GFO **5.95**

PLEASE ASK A MEMBER OF THE TEAM FOR TODAY'S DELICIOUS FLAVOUR - GLUTEN FREE OPTION AVAILABLE

Sandwiches

SIMPLE AND DELICIOUS - MADE USING BLOOMER BREAD FROM PORTREATH BAKERY

WESTCOUNTRY CHEDDAR 565kcal V **5.25**

CORNISH HAM 330kcal **5.50**

BLT 371kcal GFO **6.50**

EGGLESS MAYO 235kcal VG GFO **4.95**

Pasties and Savouries

ALL MADE BY THE CORNISH CORNISH PASTY COMPANY BASED IN HELSTON

TRADITIONAL STEAK PASTY 738kcal **5.00**

SPICED LENTIL & VEG PASTY 746kcal VG **5.00**

SAUSAGE ROLL 337kcal **3.50**

GOUDA & LEEK ROLL 381kcal V **3.50**

Poke Bowl

A WHOLESOME SALAD CONSISTING OF RICE, SOYA BEANS, PICKLED VEGETABLES, SESAME DRESSING AND A CHOICE OF:

TERIYAKI TOFU 790kca VG GF **8.75**

TERIYAKI CHICKEN 670kcal GF **9.25**

ADULTS NEED AROUND 2000 KCAL A DAY. KCAL VALUES ARE FOR THE DISH AS DESCRIBED.

VG VEGAN V VEGETARIAN GF GLUTEN FREE GFO GLUTEN FREE OPTION AVAILABLE

PLEASE ASK A MEMBER OF OUR TEAM IF YOU HAVE ANY DIETARY REQUIREMENTS OR NEED ASSISTANCE WITH THE MENU.