

Sourdough Melts

MADE USING SOURDOUGH FROM QUAY BAKERY
IN FOWEY – IT'S THE BEST!

CORNISH GOUDA 445kcal (G) (E) (D) **6.25**
WITH BASIL ROCKET PESTO

**DELI FARM COPPA HAM AND
JACK CHEESE** 324kcal (G) (E) (D) (M) **6.50**
WITH AMERICAN MUSTARD AND ROCKET

Toasties

SIMPLE AND DELICIOUS

CHEDDAR CHEESE 405kcal (G) (D) **5.25**

HAM AND CHEDDAR 770kcal (G) (D) **5.75**

Salad Box

QUINOA SALAD 346kcal (M) **7.50**
WITH MUSTARD POTATO SALAD, MIXED
LEAF, CAJUN CHICKPEAS, FRESH BEETROOT

Pasties and Rolls

ALL MADE BY THE CORNISH CORNISH PASTY
COMPANY BASED IN HELSTON

VEGAN 746kcal (G) **5.00**

**CORNISH GOUDA AND
LEEK ROLL** 381kcal (G) (E) (D) **3.50**

TRADITIONAL STEAK 738kcal (G) (E) **5.00**

SAUSAGE ROLL 337kcal (G) (E) **3.50**

(G) **GLUTEN** (E) **EGG** (D) **DAIRY** (M) **MUSTARD**

IF YOU HAVE ANY DIETARY REQUIREMENTS OR
NEED ASSISTANCE WITH THE MENU PLEASE
SPEAK TO A MEMBER OF OUR TEAM – WE'RE
ALWAYS HAPPY TO HELP.

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

