

# HOT DRINKS

**Double Espresso** 0kcal **£2.50**

Short and super strong, just like the Italians drink it!

**Americano** 18kcal **£2.90**

Espresso with extra hot water to make a longer drink

**Cappuccino** 141kcal **£3.25**

A double espresso with lots of lovely, foamed milk

**Caffe Latte** 141kcal **£3.25**

A single espresso with smooth, steamed milk

**Flat White** 128kcal **£3.10**

Double espresso topped with steamed milk

**Mocha** 175kcal **£3.25**

A single espresso with hot chocolate

**Hot Chocolate** 158kcal **£3.40**

Hot, steamed milk mixed with a rich, Fairtrade cocoa

**Ultimate Hot Choc** 385kcal **£4.40**

With cream and marshmallows

**Babycino** 18kcal **£1.00**

A mini cup of fluffy, warm milk with a dusting of Cocoa

**Tea** 19kcal\* **£2.10**

Various varieties available

Supplement for Oat Milk alternate 11kcal **40p**

Coffee Syrups **50p**

Vanilla 68kcal Gingerbread 63kcal Hazelnut 63kcal

Soya Milk 11kcal Complimentary



Adult's need around 2000kcal a day.

\*Kcal content includes whole milk.

# HOT FOOD

## Soup

Always vegan, always delicious!

**Chef's Homemade Soup of the day** G £5.95

Please ask a member of the team for today's delicious flavour - Gluten free option available

## Sourdough Toasties

Delicious toasties made using sourdough from Quay bakery in Fowey – it's the best!

**Tomato and mozzarella** 350kcal D G £6.25

With Eden grown herb pesto and wild rocket

**Deli Farm Coppa Ham and Jack Cheese** 324kcal D M G E £6.50

with American mustard and rocket

## Sandwiches

Simple and delicious – made using Hobbs bloomer bread

**West Country Cheddar** 405kcal D G £5.25

**West Country Cheddar and Cornish ham** 770kcal D G £5.75

**Cornish ham, Roskilly's sweet chutney and leaves** 500kcal D G £5.75

We want you to know some key ingredients in each of our dishes so we've labelled it clearly to keep you informed. Please see our guide below for details of what each label means.

E = Eggs    F = Fish    G = Gluten    M = Mustard  
D = Dairy    S = Soya    N = Nuts

Please ask a member of our team if you have any dietary requirements or need assistance with the menu.

Adults need around 2000 kcal a day.  
Kcal values are for the dish as described.