

# Sourdough Toasties

DELICIOUS TOASTIES MADE USING SOURDOUGH FROM QUAY BAKERY IN FOWEY – IT’S THE BEST!

**TOMATO AND MOZZARELLA** 350kcal (G) (D) **6.25**  
WITH EDEN GROWN HERB PESTO AND WILD ROCKET

**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 SAUSAGE ROLL** 738kcal (G) (E) **5.00**  
**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.

