

Little Lunch Box

Sandwiches

DELICIOUS SANDWICHES MADE USING BREAD
FROM PORTREATH BAKERY

CHICKPEA 'TUNA' MAYO VG GFO **5.50**

WITH ROCKET AND CUCUMBER 350kcal

WESTCOUNTRY

CHEDDAR 475kcal V GFO **5.25**

A FAMILY FAVOURITE

EGG, CHEDDAR AND

CHIVE MAYO 350kcal V GFO **5.50**

EGG MAYO WITH A TASTY TWIST

CORNISH HAM 475kcal GFO **5.50**

SIMPLE AND DELICIOUS

DELI SALAD 475kcal GFO **6.25**

DRY CURED AND CORNISH HAM WITH
MUSTARD AND SALAD

Soup

ALWAYS VEGAN, ALWAYS DELICIOUS!

HOMEMADE SOUP OF THE DAY VG GFO **5.95**

PLEASE ASK FOR TODAY'S FLAVOUR

Pasties and Rolls

ALL MADE BY THE CORNISH CORNISH PASTY COMPANY
BASED IN HELSTON

VEGAN 746kcal VG **5.00**

CORNISH GOUDA AND LEEK ROLL 381kcal V **3.50**

TRADITIONAL STEAK 738kcal **5.00**

SAUSAGE ROLL 337kcal **3.50**

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.

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

