

Hot Drinks

DOUBLE ESPRESSO 0kcal **2.50**
SHORT AND SUPER STRONG, JUST LIKE THE ITALIANS DRINK IT!

AMERICANO 18kcal **3.10**
ESPRESSO WITH EXTRA HOT WATER TO MAKE A LONGER DRINK

CAPPUCCINO 141kcal **3.30**
A DOUBLE ESPRESSO WITH LOTS OF LOVELY FOAMED MILK

HOT CHOCOLATE 158kcal **3.45**
HOT, STEAMED MILK MIXED WITH A RICH, FAIRTRADE COCOA

ULTIMATE HOT CHOC 385kcal **4.45**
WITH CREAM AND MARSHMALLOWS

BABYCINO 18kcal **1.00**
A MINI CUP OF FLUFFY, WARM MILK WITH A DUSTING OF COCOA

CAFFE LATTE 141kcal **3.30**
A SINGLE ESPRESSO WITH SMOOTH, STEAMED MILK

FLAT WHITE 128kcal **3.30**
DOUBLE ESPRESSO TOPPED WITH STEAMED MILK

MOCHA 175kcal **3.45**
A SINGLE ESPRESSO WITH HOT CHOCOLATE

TEA 19kcal* **2.10**
VARIOUS VARIETIES AVAILABLE

EXTRAS

COFFEE SYRUPS **0.50**
Vanilla 68kcal | Caramel 65kcal | Hazelnut 63kcal

SOYA MILK 11kcal **COMPLIMENTARY**

OAT 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 VG GFO **5.95**

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

Toasties

TASTY TOASTIES - MADE USING BLOOMER BREAD FROM PORTREATH BAKERY

TOMATO AND MOZZARELLA 350kcal V **6.25**

WITH EDEN GROWN HERB PESTO AND WILD ROCKET

BACON AND WESTCOUNTRY CHEDDAR 354kcal **6.50**

WITH A SWEET CHILLI JAM

Sandwiches

SIMPLE AND DELICIOUS - MADE USING BLOOMER BREAD FROM PORTREATH BAKERY

WESTCOUNTRY CHEDDAR 405kcal V **5.25**

WESTCOUNTRY CHEDDAR AND CORNISH HAM 770kcal **5.75**

CORNISH HAM, ROSKILLY'S SWEET CHUTNEY AND LEAVES 500kcal **5.75**

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.