

The Bakehouse

Pasties and savouries

ALL MADE BY THE CORNISH CORNISH PASTY COMPANY
BASED IN HELSTON

SPICED LENTIL AND VEG PASTY 746kcal **VG** **5.00**

CHEESE AND LEEK ROLL 381kcal **V** **3.50**

MADE WITH CORNISH GOUDA FROM TALVAN FARM NR LOOE

CHEESE AND ONION PASTY 852kcal **V** **5.00**

MADE USING WEST COUNTRY CHEDDAR
WITH A HINT OF MUSTARD

TRADITIONAL STEAK PASTY 738kcal **5.00**

AN AWARD WINNING PASTY MADE USING
GRAHAM'S MUM'S SECRET RECIPE

SAUSAGE ROLL 337kcal **3.50**

SEASONED CORNISH PORK IN A LIGHT PUFF PASTRY

BACON AND CHEESE PARCEL 315kcal **3.95**

CORNISH BACON AND WEST COUNTRY CHEDDAR;
A TASTY COMBINATION

Sandwiches

MADE USING BREAD FROM PORTREATH BAKERY

BLT 371KCAL **GFO** **6.50**

CLASSIC BLT WITH CORNISH STREAKY BACON, MAYO,
TOMATO AND ROCKET LEAVES

WESTCOUNTRY CHEDDAR 565KCAL **V** **GFO** **5.25**

A FAMILY FAVOURITE

EGGLESS MAYO 235KCAL **4.95**

A TOFU MAYO SANDWICH WITH CRESS **VG** **GFO**

CORNISH HAM 330KCAL **GFO** **5.50**

SIMPLE AND DELICIOUS

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

