

# The Bakehouse

## Pasties | Savouries

<b>SPICED VEG PASTY</b> <small>746kcal</small> <b>V</b>	<b>5.60</b>
<b>CHEESE AND ONION PASTY</b> <small>852kcal</small> <b>V</b>	<b>5.75</b>
<b>TRADITIONAL STEAK PASTY</b> <small>738kcal</small>	<b>6.00</b>
<b>BACON AND CHEESE TURNOVER</b> <small>552kcal</small>	<b>3.95</b>
<b>SAUSAGE ROLL</b> <small>337kcal</small>	<b>3.95</b>
<b>SIDE OF FRIES</b> <small>348kcal</small> <b>VG</b>	<b>3.50</b>

## Wraps | Sandwiches

<b>CORONATION CHICKPEA SANDWICH</b> <small>395kcal</small> <b>VG</b>	<b>5.25</b>
<b>EGG MAYO AND CHEDDAR CHEESE SANDWICH</b> <small>810kcal</small> <b>V</b>	<b>5.50</b>
<b>CHEDDAR CHEESE AND CHUTNEY SANDWICH</b> <small>690kcal</small> <b>V</b>	<b>5.50</b>
<b>CORNISH HAM, CHEDDAR AND PICKLE SANDWICH</b> <small>553kcal</small>	<b>5.75</b>
<b>BLT SANDWICH</b> <small>381kcal</small>	<b>6.25</b>
<b>CORNISH HAM SANDWICH</b> <small>330kcal</small> <b>DF</b>	<b>5.25</b>
<b>BANH MI WRAP</b> <small>620kcal</small> <b>VG</b>	<b>6.00</b>
<b>CHICKEN CAESAR WRAP</b> <small>CONTAINS FISH 363kcal</small>	<b>6.25</b>

## Hot Drinks

AVAILABLE WITH WHOLE MILK OR OAT MILK

<b>TEA</b>	<b>2.65</b>	<b>LATTE</b> <small>141kcal</small>	<b>3.80</b>
<b>SPECIALITY TEAS</b>	<b>2.65</b>	<b>CAPPUCCINO</b> <small>141kcal</small>	<b>3.80</b>
<b>DOUBLE ESPRESSO</b> <small>9kcal</small>	<b>2.95</b>	<b>MOCHA</b> <small>167kcal</small>	<b>4.00</b>
<b>FLAT WHITE</b> <small>106kcal</small>	<b>3.45</b>	<b>HOT CHOCOLATE</b> <small>158kcal</small>	<b>4.00</b>
<b>AMERICANO</b> <small>9kcal</small>	<b>3.65</b>		

## Cold Drinks

<b>FROBISHERS APPLE JUICE</b> <small>250ML 105kcal</small>	<b>2.75</b>
<b>FROBISHERS ORANGE JUICE</b> <small>250ML 90kcal</small>	<b>2.75</b>
<b>CORNISH ORCHARDS ELDERFLOWER</b> <small>330ML 115kcal</small>	<b>2.95</b>
<b>CORNISH ORCHARDS SPARKLING APPLE</b> <small>330ML 115kcal</small>	<b>2.95</b>
<b>JOLLY'S COLA</b> <small>330ML 93kcal</small>	<b>2.75</b>
<b>JOLLY'S COLA ZERO</b> <small>330ML 0.5kcal</small>	<b>2.75</b>
<b>JOLLY'S GINGER BEER</b> <small>330ML 73kcal</small>	<b>2.75</b>
<b>JOLLY'S STILL WATER</b> <small>330ML 0kcal</small>	<b>1.80</b>
<b>JOLLY'S SPARKLING WATER</b> <small>330ML 0kcal</small>	<b>1.80</b>
<b>RADNOR SPLASH APPLE &amp; RASPBERRY</b> <small>330ML 3.3kcal</small>	<b>2.75</b>
<b>RADNOR SPLASH LEMON &amp; LIME</b> <small>330ML 3.3kcal</small>	<b>2.75</b>
<b>RADNOR APPLE JUICE CARTON</b> <small>200ML 52kcal</small>	<b>1.75</b>
<b>RADNOR ORANGE JUICE CARTON</b> <small>200ML 52kcal</small>	<b>1.75</b>

FOOD MADE ON-SITE IN OUR BUSY KITCHENS IS MADE USING A WIDE RANGE OF INGREDIENTS. WE ALWAYS DO OUR BEST BUT WE CAN'T GUARANTEE THAT ANY OF OUR DISHES ARE TOTALLY ALLERGEN FREE. PLEASE SPEAK TO A MEMBER OF THE TEAM IF YOU HAVE ANY DIETARY REQUIREMENTS. WE'RE HERE 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 **DF** DAIRY FREE

