

BREAKFAST

Banana, mango pulp and crushed almonds

VG GF £3.50

Local yoghurt with Cornish honey and granola **V**

£3.75

Organic toast with local butter and a choice of organic peanut butter, marmalade, jam or

Cornish honey

VG GF options

£2.50

Choice of Pastries

from £1.20 **V**

SMOOTHIES

Please ask about our daily specials

From £2.75

SOMETHING LIGHT

Miso soup **VG GF**

£3.75

Focaccia with organic olive oil

and balsamic vinegar **VG**

£3.50

Mozzarella, sun dried tomatoes,

olives and fresh basil **V GF**

£3.95

KIDS PLATTER **VG**

carrot sticks, hummus, olives and organic toast fingers

£3.75 **GF** option available

LUNCH

EARTH & WATER PLOUGHMANS **V** £6.95

A choice of three cheeses, chutney, olives, sun dried tomatoes, focaccia and salad

CHOOSE 3 CHEESES

Cheddar

Goats cheese

Cornish Brie

Cornish Blue (+50p)

Wild Garlic Yarg (+50p)

Nettle Yarg (+50p)

CHOOSE YOUR CHUTNEY

Spicy tomato

Special ale

Caramelised onion

Cranberry

Add ham/chorizo for £1

Change to buckwheat flatbread for gluten free

HUMMUS PLATTER **VG GF** £6.50

Hummus duo, sweet potato, olives, sun dried

tomatoes, salad and buckwheat flatbread

Add falafel, honey roast ham or chorizo for £1

PEA & WILD GARLIC YARG

FRITTERS **V** £6.50

With salad and your choice of chutney

WENDYS WHOLEMEAL TART **V** £5.25

Rustic tart with wholemeal pastry and layers of fine ingredients. Please ask about our tart of the day!

BAKED PAKORA **VG GF** £5.95

With salad and mango chutney

V = VEGETARIAN

VG = VEGAN

GF = GLUTEN FREE

BUILD A SANDWICH

£4.25 / £5.95 with salad

1 . CHOOSE YOUR BREAD

Organic Malthouse **VG**, Panini **V** or, Rosemary and

Sea Salt Focaccia **VG (+50p)**

2 . CHOOSE YOUR MAIN FILLING

Cheddar, Organic Brie, Mozzarella, Goats Cheese,

Hummus, Barbecued Tofu

Or Falafel, Cornish blue, Wild Garlic Yarg or Nettle

Yarg for an extra £1

3 . CHOOSE 2 MORE FILLINGS

Beetroot, Carrot, Avocado, Sweet Potato, Olives,

Sun Dried Tomatoes, Rocket, Pesto, Tahini,

Chutney, Homemade Barbecue Sauce or Organic

Mayo

For an extra £1 add Honey Roast Ham or Chorizo

Soy spread available

Please ask about our gluten free bread options

SALAD **V**

A mixture of our daily salads with olives and sun dried tomatoes served on a bed of rocket

Small £3.75 **Large** £5.25 with hummus & focaccia

(most of our salads are **vegan** and **gluten free** but please ask just incase)

add Cheddar, Mozzarella, Organic Brie or Goats Cheese for 50p

Or Falafel, Ham, Chorizo, Cornish Blue, Wild Garlic Yarg or Nettle Yarg for £1

CHECK OUT OUR CAKES

AT THE DELI COUNTER

ALL AVAILABLE FOR TAKEAWAY IN OUR BIODEGRADABLE BOXES

