



MORNING

Real Ideas Breakfast £6.00

Boiled egg, toast, Montgomery Cheddar, Kingston preserves and granola served with a cup of tea or filter coffee

Toast and Preserves (Vg) £2.50

Bread lovingly made with ancient and local grain, toasted to perfection

Granola with Yoghurt and Poached Apricots (Vg option available) £4.50

Handmade granola served with yoghurt and earl grey and orange blossom poached apricots

Boiled Eggs on Toast £4.00

A breakfast classic, simple and delicious

Add Montgomery Cheddar +0.50

Miso Baked Beans on Toast (Vg) £4.00

Baked beans with a delicious twist

Add Montgomery Cheddar or a soft boiled egg +0.50

AFTERNOON

Montgomery Cheddar and Pickled Guindilla Chilli Toastie £5.00

Served with Kingston chilli jelly

Bread Roll with Cheese and Cornichons £4.50

Rich cheese, tangy cornichons and delicious bread

Roll with Pepper, Pickled Chilli, Cucumber and Aioli (Vg) £4.50

Locally sourced bread roll with roasted peppers and vegan aioli

Lentil and Lemon Soup (Vg option available) £5.00

Homely and nourishing, served with a slice of local bread and a dash of yoghurt

Chickpea Salad (Vg) £5.50

A fresh and filling lunch, a balance of hearty chickpeas and fresh salad

Add feta cheese +0.50

COFFEE

Origin Coffee Roasters

Double Espresso £2.20

Americano £2.50

Flat White £3.20

Latte £3.20

Cappuccino £3.20

Hot Chocolate £3.30

Mocha £3.50

Pot of tea £2.90

Mug of tea £2

Iced Latte £3.20

SOFT DRINKS

Sparkling Cornish Orchards Can £2.35

Coke £1.50

Lemonade £1.50

Cawston Press Apple and Mango carton £1.50

Cawston Press Apple and Pear carton £1.50

Frobishers Orange Juice £2.00

Frobishers Apple Juice £2.00

For a full list of allergens, please speak to a member of the team who will be happy to help.



KIDS MENU

SOLDIERS

Delicious soldiers of white bread served with one of the following:

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|-----------------|-------|
| Jam (Vg) | £2.00 |
| Soft Boiled Egg | £2.25 |
| Beans (Vg) | £2.25 |
| Cheddar | £2.25 |

SANDWICHES

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| Cheddar Cheese Sandwich | £3.00 |
| Cheddar Cheese and Cucumber Sandwich | £3.00 |
| Houmous and Red Pepper Sandwich (Vg) | £3.00 |

SAVOURY SNACKS

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| Marmite, Cheddar & Chive Scones | £2.25 |
| Sweet Onion & Cheddar Muffins | £2.50 |

TOASTIES

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| Cheddar Cheese Toastie | £3.00 |
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SOFT DRINKS

| | |
|--------------------------------------|-------|
| Cawston Press Apple and Mango carton | £1.50 |
| Cawston Press Apple and Pear carton | £1.50 |
| Frobishers Orange Juice | £2.00 |
| Frobishers Apple Juice | £2.00 |
| Babycino | £0.50 |
| Hot Chocolate | £2.50 |

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