

# Hot Drinks

## The Short Ones

SERVED IN A 6oz CUP

**DOUBLE ESPRESSO** 0kcal **2.50**

SHORT AND SUPER STRONG, JUST LIKE THE ITALIANS DRINK IT!

**FLAT WHITE** 128kcal **3.30**

DOUBLE ESPRESSO TOPPED WITH STEAMED MILK

**BABYCINO** 97kcal **1.00**

CUP OF FLUFFY, WARM MILK WITH A DUSTING OF COCOA

## The Long Ones

SERVED IN A 12oz CUP

**AMERICANO** 18kcal **3.40**

DOUBLE ESPRESSO WITH EXTRA HOT WATER

**CAPPUCCINO** 141kcal **3.50**

DOUBLE ESPRESSO WITH LOTS OF LOVELY FOAMED MILK

**CAFFE LATTE** 141kcal **3.50**

DOUBLE ESPRESSO WITH SMOOTH, STEAMED MILK

**MOCHA** 175kcal **3.75**

DOUBLE ESPRESSO WITH HOT CHOCOLATE

**HOT CHOCOLATE** 158kcal **3.75**

HOT, STEAMED MILK MIXED WITH A RICH, FAIRTRADE COCOA

**ULTIMATE HOT CHOC** 385kcal **4.75**

WITH CREAM AND MARSHMALLOWS

**TEA** 19kcal\* **2.50**

**SPECIALITY TEAS** 19kcal\* **2.50**

PLEASE ASK FOR DETAILS

## Extras

**COFFEE SYRUPS** **0.50**

VANILLA 68kcal | CARAMEL 65kcal | HAZELNUT 63kcal

SOYA MILK 11kcal

OAT MILK 11kcal

COMPLIMENTARY

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ADULTS NEED AROUND 2000KCAL A DAY.

\*KCAL CONTENT INCLUDES WHOLE MILK.

# 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

## Wraps | Sandwiches

**RED BEAN PATE AND CRUNCHY VEGETABLE SANDWICH** 468kcal VG GFO **5.75**

A WARMING KIDNEY BEAN PATE WITH MOOLI, RED PEPPERS & BABY GEM IN PORTREATH BAKERY FOCACCIA

**WESTCOUNTRY CHEDDAR & EDEN CHUTNEY SANDWICH** 690kcal V GFO\* **5.50**

A FAMILY FAVOURITE WITH HOMEMADE APPLE & CIDER CHUTNEY IN PORTREATH BAKERY BLOOMER

**HALLOUMI SALAD WRAP** 545kcal V GFO **5.95**

WITH HONEY & SWEET CHILLI GLAZED HALLOUMI

**CORNISH HAM SANDWICH** 330kcal DF GFO\* **5.75**

SIMPLE & DELICIOUS IN PORTREATH BAKERY BLOOMER

**BLT** 381kcal DF GFO\* **6.50**

CLASSIC BLT WITH CORNISH STREAKY BACON, VEGAN MAYO, TOMATO & ROCKET LEAVES IN PORTREATH BAKERY BLOOMER

## Pasties | Savouries

ALL MADE BY THE CORNISH CORNISH PASTY COMPANY BASED IN HELSTON

**SPICED LENTIL & VEG PASTY** 746kcal VG **5.50**

**GOUDA & LEEK ROLL** 381kcal V **3.95**

**TRADITIONAL STEAK PASTY** 738kcal **5.75**

**SAUSAGE ROLL** 337kcal **3.95**

**BACON AND CHEESE PARCEL** 315kcal **3.95**

## Poke Bowl

A WHOLESOME SALAD CONSISTING OF RICE, SOYA BEANS, PICKLED VEGETABLES, SESAME DRESSING AND A CHOICE OF:

**TERIYAKI TOFU** 790kcal VG GF **8.75**

**TERIYAKI CHICKEN** 670kcal GF **9.25**

VG VEGAN V VEGETARIAN GF GLUTEN FREE GFO GLUTEN FREE OPTION AVAILABLE

\* PLEASE NOTE, OUR GLUTEN FREE BLOOMER CONTAINS EGG

PLEASE ASK A MEMBER OF OUR TEAM IF YOU HAVE ANY DIETARY REQUIREMENTS OR NEED ASSISTANCE WITH THE MENU.

ADULTS NEED AROUND 2000 KCAL A DAY. KCAL VALUES ARE FOR THE DISH AS DESCRIBED.