

Day Menu

Breakfast served from 9am - 11am

Lunch served from 12pm - 2pm

Afternoon snacks served from 3pm - 5pm

Hot or cold drinks & sweet treats available 9am - 5pm



Breakfast Menu

Served from 9am - 11am

Cornish Breakfast

All served with white or brown toast (GFO)

Cornish breakfast (GFO)

Cornish sausage, local bacon, Cornish free range egg, hogs pudding, baked beans, grilled tomato, Portobello mushroom & hash brown

Small £10.95

Large £12.95

Double up on sausages, bacon, eggs & hash browns

Vegan breakfast (VG/GFO)

Vegan sausage, grilled tomato, avocado, Portobello mushroom, baked beans, hash brown & watercress

Small £10.95

Large £12.95

Double up on vegan sausages, tomato, mushroom & hash browns

Add egg +£1.50

Fried or scrambled eggs - specify your choice when ordering.

Please note, we're unable to substitute breakfast items.

Breakfast Rolls

Locally sourced meat and eggs, served in a soft bap roll

Cornish free range fried eggs (V/GFO) £5.25

Local bacon (GFO) £5.25

Cornish sausage £5.25

Vegan sausage (VG/GFO) £5.25

Bacon and sausage £6.95

The Big Breakfast Roll (GFO) £8.95

Local bacon, Cornish sausage, hash brown & free range fried egg

The Big Breakfast Vegan Roll (VG/GFO) £7.95

Vegan sausage, Portobello mushroom, avocado & hash brown

Add egg +£1.50

Children's Breakfast

Cereal box and milk (V) £2.50

Rice Krispies | Crunchy Nut | Cornflakes | Coco Pops | Special K

Beans on toast (V/GFO) £4.95

Eggs on toast (V/GFO) £4.95

Fried or scrambled eggs - specify your choice when ordering.

Local bacon bap (GFO) £5.25

Cornish sausage bap £5.25

Lighter Options

Smoked salmon and scrambled eggs (GFO)	£11.95
Scrambled eggs, smoked salmon & chives, served with toast	
Avocado and eggs (V/GFO)	£10.50
Smashed avocado & eggs on toast, with watercress	
Wild mushrooms (V/GFO)	£10.50
Wild mushrooms with eggs & spinach on toast	
American style pancakes, with maple syrup (V)	£6.95
+ Fresh berries (V)	£2
+ Local bacon	£3
Toast and jam or marmalade (V/GFO)	£2.95

Hot and Cold Drinks

Espresso	£2.80
Americano	£3.25
Flat white	£3.35
Cappuccino	£3.50
Latte	£3.50
Mocha	£3.60
Add an extra shot of espresso	+£1.50
Monin coffee syrup	+£1.00
Hazelnut, vanilla or caramel	£2.50
Pot of tea for one	£2.50
Pot of tea for two	£3.50
Fruit or herbal tea infusions	£2.95
Earl Grey, Camomile, Peppermint, Green tea, Ginger & Lemon, or Berry infusions	
Hot chocolate	£3.95
Luxury hot chocolate	£5.25
With whipped cream & marshmallows	
Glass of Apple or Orange juice	£1.95
Frobishers Apple, Cranberry, Orange or Pineapple	£3.25

See drinks menu or speak to a member of staff for our full menu

Dog Menu



Cornish sausage	£1.50
Marshfield Farm 'Scoop's vanilla ice cream for dogs'	£2.50

V = Vegetarian VG = Vegan GF = Gluten free
VO | VGO | GFO = Vegetarian | Vegan | Gluten free option available.
Please ask a member of staff.

Lunch Menu

Served from 12pm - 2pm

Sandwiches

Toasted ciabatta, served with a mixed salad & fries (GFO)

Cheese, apple chutney & rocket (V) £7.95

Ham, mustard mayo & rocket £8.95

Smoked salmon, cream cheese & rocket £9.95

Chicken, mozzarella, pesto & rocket (Served hot) £11.95

Steak, mushrooms, onion & rocket (Served hot) £14.95

Gluten free sandwiches available on request

Salads

Chicken caesar (GFO) £15.95

Grilled chicken, baby gem, Caesar dressing & parmesan

Smoked mackerel (GF) £15.95

Fine green beans, olives, cherry tomatoes & soft boiled egg

Roasted butternut squash (V/GF) £13.95

Homemade houmous, cherry tomatoes, beetroot & toasted almonds

+ Chargrilled chicken £4.00

Classics

Fish and chips (GFO) £15.95

Battered local fish served with garden peas or mushy peas, fries & tartare sauce

Stable Bar cheese & bacon burger (GFO) £15.95

6oz beef burger, topped with melted cheddar, streaky bacon, tomato, red onion, baby gem, coleslaw & fries

Buttermilk chicken burger (GFO) £15.95

Served with melted cheddar, streaky bacon, baby gem, coleslaw, garlic mayo & fries

Spiced butternut squash & chickpea burger (VG/GFO) £14.95

Harissa spiced burger, served with baby gem, tomato, red onion, lime mayo, coleslaw & fries

Upgrade your fries to sweet potato fries (GFO) £1.50

Lunch Menu contd

Served from 12pm - 2pm

Pizzas & sides

Artisan stone-baked, 12 inch pizzas with a rich tomato & basil sauce, finished with mozzarella

Gluten free pizza bases (+£1) & vegan cheese (+£1) available upon request

Margherita (V/GFO) £12.95

Pepperoni £14.95

Wild mushroom (V/GFO) £14.95

Wild mushroom, balsamic onions & truffle oil

BBQ chicken (GFO) £14.95

BBQ chicken, sweetcorn & chipotle mayo

Italian sausage £15.95

Italian sausage, nduja, olives & honey

Prosciutto (GFO) £15.95

Prosciutto ham, rocket & parmesan

Coleslaw (VG/GF) £3.95 **Sweet potato fries** (V/GFO) £5.95

Onion rings (V/GFO) £3.95 **Cheesy fries** (V/GFO) £5.95

Mac & cheese (V) £4.95 **Garlic pizza bread** (V/GFO) £5.95

House salad (VG/GFO) £4.95 **Cheesy garlic pizza** £6.95

Fries (VG/GFO) £4.95 **bread** (V/GFO)

Children's Menu

9" Margherita pizza (V/GFO) £7.95

Tomato pasta (VG) or **Mac & cheese** (V) £7.95

Served with garlic pizza bread

Sausage & chips £7.95

Served with beans or peas

Chicken nuggets & chips £7.95

Served with beans or peas

Fish & chips (GFO) £7.95

Served with beans or peas

Moomaid Cornish ice cream (VO/GFO) £3.50

One scoop of Vanilla & clotted cream, Strawberry, Belgian chocolate, or Sea salt caramel ice cream, served with mini marshmallows & wafer

Roskilly's Cornish non-dairy ice cream (VGO/GFO) £3.50

One scoop of Raspberry Ripple, Chocolate & Salted Caramel or Mango & Passionfruit sorbet served with mini marshmallows & a wafer

Afternoon Snacks

Served from 3pm - 5pm

Pizzas

Artisan stone-baked, 12 inch pizzas with a rich tomato & basil sauce, finished with mozzarella. See lunch menu for options

Sides

Fries (VG/GFO)	£4.95	House salad (VG/GFO)	£4.95
Cheesy fries (V/GFO)	£5.95	Garlic pizza bread (V/GFO)	£5.95
Sweet potato fries (V/GFO)	£5.95	Cheesy garlic pizza bread (V/GFO)	£6.95

Sweet Treats

Hot or cold drinks & sweet treats served from 9am - 5pm

Selection of homemade cakes & tray bakes available daily From £3.95

Cornish cream tea for one £7.95
Two Cornish scones, local jam & Cornish clotted cream with a pot of tea

Moomaid Cornish ice cream (VO/GFO) £7.95
Three scoops of: Vanilla bean & clotted cream, Strawberry, Belgian chocolate, or Sea salt caramel ice cream, served with a wafer

Roskilly's Cornish non-dairy ice cream (VGO/GFO) £7.95
Three scoops of: Raspberry Ripple, Chocolate & Salted Caramel or Mango & Passionfruit sorbet, served with a wafer

Moomaid Cornish ice cream sundaes (VO/GFO) £9.95
Choose from Honeycomb, Lotus Biscoff, Chocolate Brownie & Eton Mess. See evening menu for full details

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Please ask a member of staff.

ALLERGY ADVICE

For information on food allergies and intolerances please speak to a member of staff.

We store produce and display food where allergens are handled and while we try to keep things separate, we cannot guarantee that any item is allergen free.