

Day Menu

Breakfast served from 9am - 11am

Lunch served from 12pm - 2pm

Afternoon snacks served from 2pm - 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) £12.50

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

Large - double up on sausages, bacon, eggs, hash browns & toast £16.50

Vegan breakfast (VG/GFO) £12

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

Large - double up on vegan sausages, tomato, mushroom, hash browns & toast £16

Add egg - Fried, scrambled or poached + £1.50

Breakfast Rolls & Wraps

Cornish free range fried eggs (V/GFO) £6

Local bacon (GFO) £6.50

Cornish sausage £6.50

Vegan sausage (VG) £6.50

Bacon and sausage £8

The Big Breakfast Roll (GFO) £10.50

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

The Big Breakfast Vegan Roll (VG/GFO) £9.50

Vegan sausage, Portobello mushroom, guacamole & hash brown

The Big Breakfast Wrap £10.50

Local bacon, Cornish sausage, scrambled egg, hash brown & grated cheese, with tomato ketchup or brown sauce, wrapped in a tortilla

The Big Breakfast Vegan Wrap (VG) £9.50

Vegan sausage, Portobello mushroom, hash brown & grated vegan cheese, with tomato ketchup or brown sauce, wrapped in a tortilla

Add egg + £1.50

Children's Breakfast

Cereal box & milk (V) £3

Rice Krispies | Crunchy Nut | Cornflakes | Coco Pops

Beans on toast (VGO/GFO) £6

Eggs on toast (V/GFO) £6

Fried or scrambled - specify your choice when ordering.

Local bacon roll (GFO) £6.50

Cornish sausage roll (VGO) £6.50

Lighter Options

Guacamole & eggs (V/GFO)	£11
Guacamole & eggs on sourdough	
Wild mushrooms (V/GFO)	£12.50
Wild mushrooms with eggs & spinach on sourdough	
Eggs florentine (V/GFO)	£12.50
Poached eggs, wilted spinach & hollandaise sauce, served on sourdough	
Eggs benedict (GFO)	£14
Poached eggs, parma ham & hollandaise sauce, served on sourdough	
Eggs royale (GFO)	£16
Poached eggs, smoked salmon & hollandaise sauce, served on sourdough	
Smoked salmon & scrambled eggs (GFO)	£16
Smoked salmon mixed with scrambled eggs & chives, served on sourdough	
The Stable Bar granola bowl (V)	£11.50
Greek yoghurt, crunchy granola, fresh berries, chia seeds, toasted almonds & maple syrup	
American style pancakes, with maple syrup (V)	£8
+ Fresh berries (V)	+ £2
+ Local bacon	+ £2
Toast & jam or marmalade (V/GFO)	£3

Lunch Menu

Served from 12pm - 2pm

Salads

Chicken & bacon caesar salad (GFO)	£17
Grilled chicken, streaky bacon, baby gem, Caesar dressing, parmesan & croutons	
Mediterranean chickpea salad (VGO/GFO)	£14
Mixed leaf, chickpeas, fire roasted red peppers, olives, courgette, cucumber, cherry tomatoes, red onion & olive oil	
+ Chargrilled chicken or Halloumi cheese	+ £4
Roasted butternut squash (VGO/GFO)	£14
Hummus, cherry tomatoes, cucumber, mixed leaves, red onion & toasted almonds, with maple & balsamic dressing	
+ Chargrilled chicken or Halloumi cheese	+ £4

Dog menu



Cornish sausage	£1.50
Marshfield Farm 'Scoop's vanilla ice cream for dogs'	£3

Wraps

Served with a side salad, coleslaw & crisps

Mediterranean vegetable wrap (VG) £9

Roasted courgette, aubergine, peppers, baby gem, red onion & pesto mayo

Goat's cheese & red pepper (V) £10

Cornish goat's cheese, fire roasted red peppers, rocket, caramelised balsamic onion & mayo

Chicken caesar wrap £11

Grilled chicken, streaky bacon, Caesar dressing, baby gem & parmesan

Southern fried chicken wrap £11

Southern fried chicken strips, grated cheese, baby gem, red onion & smoky BBQ mayo

Pulled pork wrap £12

Pulled pork, baby gem, pickled red cabbage, crispy onions & BBQ mayo

Gluten free sandwich options available on request

Classics

Fish and chips (GFO) £17

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

Burgers

Step 1 - Choose from;

**Two 3oz smashed beef burgers • Crispy buttermilk chicken
Grilled chicken breast • Plant based burger**

Step 2 - Select your toppings;

Classic burger (GFO) £16.50

Portobello mushroom & red pepper (VG/GFO) £17

Portobello mushroom, fire roasted red peppers, crispy onions & pesto mayo

The Stable Bar - cheese & bacon (GFO) £18

Melted monterey jack cheese, streaky bacon & burger sauce

**Served with baby gem, tomato, gherkin & red onion,
in a brioche bun with fries & coleslaw**

Upgrade your fries to sweet potato fries (V/GFO) + £1.50

Upgrade to truffle & parmesan fries (GFO) + £2.50

V = Vegetarian VG = Vegan

VO | VGO | GFO = Vegetarian | Vegan | Gluten free option available.

Please ask a member of staff.

Pizzas & Loaded Fries

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

Gluten free pizza bases (+£1.50) & vegan cheese (+£1.50) available upon request

Margherita (V/GFO) £14.50

Pepperoni £16

BBQ chicken (GFO) £16

BBQ chicken, sweetcorn & red onion

Wild mushroom (VGO/GFO) £18

Wild mushroom, balsamic onions & truffle oil

Med veg loaded fries (VGO/GFO) £13

Roasted courgette, aubergine, peppers & red onion, with mozzarella & cheddar cheese, crispy onions & pesto mayo

Pulled pork loaded fries (GFO) £15

BBQ pulled pork, mozzarella & cheddar cheese, crispy onions & BBQ mayo

Coleslaw (VG/GF) £4 **Sweet potato fries (V/GFO)** £7

Onion rings (V/GFO) £5 + Hot honey & chilli flakes +£1

House salad (VG/GFO) £5 **Garlic pizza bread (V/GFO)**

Mac & cheese (V) £6 9" £7.50 / 12" £10

Fries (VG/GFO) £6 **Cheesy garlic pizza bread (V/GFO)**

+ Cheese (V/GFO) +£1 9" £9.50 / 12" £12

+ Truffle & parmesan (V/GFO) +£2

Children's Menu

Cheddar cheese or Chicken wrap (VO) £8.50

Served with cucumber & carrot sticks & crisps

Tomato pasta (VG) or Mac and cheese (V) £8.50

Sausage & chips £9.50

Served with beans or peas

Chicken nuggets & chips £9.50

Served with beans or peas

Fish & chips (GFO) £9.50

Served with beans or peas

9" Margherita pizza (V/GFO) £10.50

9" Pepperoni pizza £12

Moomaid Cornish ice cream (V/GFO) £4

One scoop of vanilla & clotted cream, strawberry, chocolate, or sea salt caramel ice cream, served with mini marshmallows & a wafer

Roskilly's Cornish non-dairy ice cream (VGO/GFO) £4

One scoop of raspberry ripple, chocolate & salted caramel, or mango & passionfruit sorbet, served with mini marshmallows & a wafer

Afternoon Snacks

Served from 2pm - 5pm

Pizzas

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

Sides & Loaded Fries

House salad (VG/GFO)	£5	Garlic pizza bread (V/GFO)	
Fries (VG/GFO)	£6	9" £7.50 / 12" £10	
+ Cheese (V/GFO)	+£1	Cheesy garlic pizza bread (V/GFO)	
+ Truffle & parmesan (V/GFO)	+£2	9" £9.50 / 12" £12	
Sweet potato fries (V/GFO)	£7	Med veg loaded fries (V/GFO)	£13
+ Hot honey & chilli flakes	+£1	Pulled pork loaded fries (GFO)	£15

Sweet Treats

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

Selection of homemade cakes & tray bakes available daily From £4.50

Cornish cream tea for one £8

Two Cornish scones, local jam & Cornish clotted cream with a pot of tea

Swap tea for prosecco £14

Moomaid Cornish ice cream (VO/GFO) £9

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) £9

Three scoops of: Raspberry Ripple, Chocolate & Salted Caramel or Mango & Passionfruit sorbet, served with a wafer

Moomaid Cornish ice cream sundaes (VO/GFO) £12

Choose from Honeycomb, Lotus Biscoff, Chocolate Brownie & Eton Mess. See evening menu for full details

V = Vegetarian VG = Vegan GF = Gluten free

VO | VGO | GFO = Vegetarian | Vegan | Gluten free option available.

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.