

# 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)

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

**Small** £11

**Large** £13

Double up on sausages, bacon, eggs, hash browns & toast

### Vegan breakfast (VG/GFO)

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

**Small** £11

**Large** £13

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

**Add fried egg** +£1.50

*Fried, scrambled or poached eggs - specify your choice when ordering*

Please note, we're unable to substitute breakfast items

## Breakfast Rolls

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

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

**Local bacon (GFO)** £5.50

**Cornish sausage** £5.50

**Vegan sausage (VG)** £5.50

**Bacon & sausage** £7

**The Big Breakfast Roll (GFO)** £9

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

**The Big Breakfast Vegan Roll (VG/GFO)** £8

Vegan sausage, flat mushroom, guacamole & hash brown

**Add fried egg** +£1.50

## Children's Breakfast

**Cereal box & milk (V)** £2.50

Rice Krispies | Crunchy Nut | Cornflakes | Coco Pops

**Beans on toast (VGO/GFO)** £5

**Eggs on toast (V/GFO)** £5

*Fried, scrambled or poached eggs - specify your choice when ordering*

**Local bacon bap (GFO)** £5.50

**Cornish sausage bap (VGO/GFO)** £5.50

# Lighter Options

<b>Wild mushrooms (V/GFO)</b>	£10.50
Wild mushrooms with eggs & spinach on sourdough	
<b>Guacamole &amp; eggs (V/GFO)</b>	£10.50
Guacamole & scrambled eggs on sourdough, with watercress	
<b>Eggs florentine (V/GFO)</b>	£11
Poached eggs, wilted spinach & hollandaise sauce, served on sourdough	
<b>Eggs benedict (GFO)</b>	£12
Poached eggs, parma ham & hollandaise sauce, served on sourdough	
<b>Eggs royale (GFO)</b>	£14
Poached eggs, smoked salmon & hollandaise sauce, served on sourdough	
<b>Smoked salmon &amp; scrambled eggs (GFO)</b>	£14
Smoked salmon mixed with scrambled eggs & chives, served on sourdough	
<b>American style pancakes, with maple syrup (V)</b>	£7
+ Fresh berries (V)	£3
+ Local bacon	£2
<b>Toast &amp; jam or marmalade (V/GFO)</b>	£3
White or brown toast with local jam or marmalade	

# Hot & Cold Drinks

<b>Espresso</b>	£2.80
<b>Americano</b>	£3.25
<b>Flat white</b>	£3.35
<b>Cappuccino</b>	£3.50
<b>Latte</b>	£3.50
<b>Mocha</b>	£3.60
<b>Add an extra shot of espresso</b>	+£1.50
<b>Coffee syrup shot</b>	+£1
Hazelnut, vanilla or caramel	£2.50
<b>Pot of tea for one</b>	£2.50
<b>Pot of tea for two</b>	£3.50
<b>Fruit or herbal tea infusions</b>	£3
Earl Grey, Camomile, Peppermint, Green tea, Ginger & Lemon, or Berry infusions	
<b>Hot chocolate</b>	£4
<b>Luxury hot chocolate</b>	£5
With whipped cream & marshmallows	
<b>Glass of Apple or Orange juice</b>	£1.95
<b>Frobishers Apple, Cranberry, Orange or Pineapple</b>	£3.25

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

## Dog menu



<b>Cornish sausage</b>	£1.50
<b>Marshfield Farm 'Scoop's' vanilla ice cream for dogs'</b>	£2.50

# Lunch Menu

Served from 12pm - 2pm

## Wraps

Served with a side salad, coleslaw & crisps

**Mediterranean veg wrap (V)** £8

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

**Chicken caesar wrap** £10

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

**Pulled pork wrap** £10

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

*Gluten free sandwich options available on request*

## Salads

**Chicken & bacon caesar salad (GFO)** £16

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

**Superfood salad (VGO)** £14

Quinoa, soya beans, kale, spinach, rocket, pickled red cabbage, red onion, mixed nuts, sesame seeds, pumpkin seeds & miso dressing

+ Chargrilled chicken or Halloumi cheese £4

**Roasted butternut squash salad (VGO/GFO)** £14

Hummus, cherry tomatoes, cucumber, mixed leaves, red onion & toasted almonds, with maple & balsamic dressing

+ Chargrilled chicken or Halloumi cheese £4

## Classics

**Fish & chips (GFO)** £17

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

**Stable Bar cheese & bacon burger (GFO)** £17

Two 3oz smashed beef burgers, topped with melted cheddar cheese, streaky bacon, baby gem, tomato, red onion & burger sauce, served with fries & coleslaw

**Buttermilk chicken burger (GFO)** £16

Breaded buttermilk chicken fillet topped with melted cheddar cheese, streaky bacon, baby gem, tomato, red onion & garlic mayo, served with fries & coleslaw

**Moving Mountain burger (VG)** £16.50

Plant based burger, topped with baby gem, tomato, red onion & burger sauce, served with fries & coleslaw

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

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)** £13.50

**Pepperoni** £15.50

**BBQ chicken (GFO)** £16

BBQ chicken, sweetcorn & chipotle mayo

**Wild mushroom (V/GFO)** £17

Wild mushroom, balsamic onions & truffle oil

**Mediterranean veg loaded fries (V/GFO)** £13

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

**Pulled pork loaded fries (GFO)** £14

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

**Coleslaw (VG/GF)** £4 **Sweet potato fries (V/GFO)** £6

**Onion rings (V/GFO)** £5 **Truffle fries (VG/GFO)** £7

**Mac & cheese (V)** £6 **Garlic pizza bread (V/GFO) 9"** £7

**House salad (VG/GFO)** £5 **12"** £9

**Fries (VG/GFO)** £5 **Cheesy garlic pizza bread 9"** £8

**Cheesy fries (V/GFO)** £6 **(V/GFO) 12"** £10

## Children's Menu

**Cheddar cheese or chicken wrap (VO)** £8

Served with cucumber, carrot sticks & crisps

**Tomato pasta (VG) or Mac & cheese (V)** £8

**9" Margherita or Pepperoni pizza (VO/GFO)** £9

**Sausage & chips (VGO)** £9

Served with beans or peas

**Chicken nuggets & chips (VGO)** £9

Served with beans or peas

**Fish & chips (GFO)** £9

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 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

<b>Fries</b> (VG/GFO)	£5	<b>Cheesy garlic pizza</b>	9" £8
<b>Cheesy fries</b> (V/GFO)	£6	<b>bread</b> (V/GFO)	12" £10
<b>Sweet potato fries</b> (V/GFO)	£6	<b>Mediterranean veg</b>	£13
<b>Truffle fries</b> (VG/GFO)	£7	<b>loaded fries</b> (V/GFO)	
<b>House salad</b> (VG/GFO)	£5	<b>Pulled pork loaded fries</b>	£14
<b>Garlic pizza bread</b> (V/GFO)	9" £7	(GFO)	
	12" £9		

## Sweet Treats

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

**Selection of homemade cakes & tray bakes** From £4  
**available daily**

**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) £8

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) £8

Three scoops of: Raspberry ripple, chocolate & salted caramel or mango & passionfruit sorbet, served with a wafer

**Moomaid Cornish ice cream sundaes** (VO/GFO) £10

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.