

# Nourish

## BREAKFAST — served all day

Bacon Bap	£3.50
Breakfast Bap (egg and bacon)	£3.75
Toasted Teacake (v) vegan spread available	£1.80
Roasted tomatoes, olive oil and fresh basil on toast (v)	£3.50

## LIGHT BITES AND LUNCHES

Toasted Paninis – Mozzarella, Tomato and Basil Ham and Cheese Bacon, Brie and Sweet Chilli Jam Cheddar or vegan cheese and beef tomato	£6.50
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Fresh Cut Sandwiches and Toasties-	£5.50
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Choose from any of these fillings

Ham, bacon, cheddar, brie, mozzarella, vegan cheese, tomato, red onion..... and then team with apple and ale chutney, sweet chilli or cranberry sauce

Filled jacket potatoes-

Plain with butter or vegan spread	£3.75
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Or filled with any of these fillings	£5.50
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Tuna and mayonnaise

Bacon, brie and cranberry

Baked beans and cheese (vegan cheese available)

Soup of the Day served with a soft bread roll or doorstop of fresh bread and butter— please ask staff for details	£3.75
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Cheese or Ham Ploughmans- £9.95  
With sharp Cheddar and stilton or Roast Ham  
Artisan bread, pickled onions apple and ale chutney,  
Braeburn apple, vine tomato and locally grown salad leaves

## SWEET STUFF

Cream Tea- £6.50  
2 warm freshly baked scones, strawberry jam and Rodda's  
clotted cream

Selection of delicious cakes and bakes from the counter £2.50

Chocolate brownie Moo Maid ice cream sundae £6.50

Moo Maid of Zennor ice creams-

1 scoop £2.50

2 scoops £4.00

Shipwreck (salted caramel), strawberry, vanilla and clotted  
cream, chocolate, lemon curd and crème fraiche... served in  
a waffle cone or in a tub

Cecilys dairy free ice cream tubs– ask staff for flavours £2.00

Luscious ice cream milkshakes – Oreo, Biscof, Snickers, £4.00

Nutella, white chocolate, salted caramel, strawberry,  
banana, coffee

Food allergies and intolerances- please speak to a member of staff about any dietary  
requirements