

BREAKFAST

served until 11.30am

DORSET CEREALS MUESLI served with Trewithen Farm semi skimmed milk	2.50
HEALTHY BREAKFAST SPECIAL Mixed fresh fruits topped with natural yoghurt and Dorset Cereals muesli	3.95
TOAST WITH MARMALADE* OR JAM* – 2 slices of thick cut bread and local preserves	1.75
FREE RANGE SCRAMBLED EGGS ON TOAST WITH TREGIDA SMOKED SALMON OR MR KITTOW'S BACK BACON ADD A SAUSAGE!	5.25 +0.75
TOASTED BACON OR SAUSAGE SANDWICH Mr Kittow's tasty back bacon or pork sausages and thick sliced local bread	4.25
TOASTED BACON AND SAUSAGE SANDWICH	4.95
TWO EGG OMELETTE MADE WITH LOCAL FREE RANGE EGGS * Your choice of two fillings– ham, cheese, onion, tomato or mushroom, served with toast.	5.25

*** AVAILABLE TO BUY IN OUR DELI AREA**

We serve Trewithen semi skimmed milk and salted butter*. If you prefer a low fat spread just let us know.

We accept debit and credit cards as means of payment for bills over £10. We do not accept cheques.

CAKES & CORNISH TEAS

served all day

MUFFINS' LUXURY FULL ENGLISH TEA 8.50 pp

Treat yourself to the ultimate tea plate containing a smoked salmon sandwich, a home made scone with jam and clotted cream, and a piece of cake accompanied by a pot of tea.

MUFFINS' FULL ENGLISH TEA 6.95 pp

A delicious tea plate containing a cucumber or tomato & cheese sandwich, a home made scone with jam and clotted cream, and a piece of cake accompanied by a pot of tea.

MUFFINS' FULL ENGLISH TEA FOR TWO WITH CORNISH FIZZ 25.00 for two

Muffins Full English Tea together with a bottle of Cornish champagne style cider with the addition of raspberries. Recent winner of Taste of the West Gold Medal 2009, and runner up in the National Drinks awards

TRADITIONAL CREAM TEA FOR ONE 5.00 pp

Two home made scones with Trewithen Farm clotted cream*, Boddington's strawberry jam* & a pot of Twinings tea for one

SCONE FOR ONE

For those with smaller appetites.....

A scone with jam and cream OR

A scone with jam and butter

1.85

1.70

FRESH STRAWBERRY CREAM TEA 6.00 pp

A cream tea made that little bit more special by adding a side order of fresh local strawberries (subject to availability)

GENTLEMAN'S TEA from 4.50

Home made cheese muffin, your choice of cake from the blackboard and a pot of Twinings tea for one

Feel free to order an alternative drink to tea with any of the items listed above and we will adjust the cost accordingly

PLEASE SEE THE BLACKBOARD FOR TODAY'S CAKES – THESE ARE BAKED USING ONLY FREE RANGE EGGS AND THE FRESHEST LOCAL INGREDIENTS

FOR THOSE WITH A REALLY SWEET TOOTH HAVE A LOOK AT OUR DESSERT AND ICE CREAM BOARD

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LUNCH

full range served from 11.30am to 3.30pm.

Outside these hours please check with us and we will try to offer as wide a choice as possible subject to availability

ALSO LOOK AT THE BOARDS IN THE RESTAURANT FOR TODAY'S SPECIALS

BREAD & OLIVES* – delicious olives from Olives et al - why not whet your appetite? 2.95

SOUP OF THE DAY - served with crusty bread 3.95

SMOKED SALMON AND PRAWN OPEN SANDWICH 6.50

With local Tregida Smoked Salmon*, North Atlantic prawns and a generous salad

SALAD OF THE DAY – see blackboard for details from 5.95

GREEK SALAD – a lovely bowl of tomato, cucumber, pepper & red onion with feta cheese & olives*, and crusty bread 6.25

QUICHE OR PIE see the blackboard for today's choice from 5.95
Served hot with a generous, fresh salad on the side. Please allow 10 to 15 minutes

MUFFINS TASTING PLATE 6.95

If you can't decide then let us give you a taste of the very best meat, fish and cheese from our local suppliers, served with bread, olives* and chutney*

CHARCUTERIE & OLIVES PLATE 6.95

Coppa Ham and Salamis from Deli Farm Charcuterie* at Delabole alongside delicious olives* from Olives et al with our lovely crusty bread on the side

THE HUNGRY PLOUGHMAN 6.95

A slice of Cornish ham and three local cheeses with crusty bread, Crelow chutneys* and a side salad

PLOUGHMAN'S LUNCH - choose either a slice of local Kittow's ham or a wedge of one of our local cheeses* (see the cheese blackboard for details) served with crusty bread, Crelow chutneys* and a side salad 6.25

TOASTED PANINI & SALAD - please see the blackboard for fillings available today 5.75

SOUP & PANINI COMBO – today's soup with your choice of filled panini 6.95

SAUSAGE BAGUETTE – WITH MR KITTOW'S FAMOUS SAUSAGES 6.25

With Cornish Chilli Company Chilli Jam* on the side as well as a generous side salad

TWO EGG OMELETTE MADE WITH LOCAL FREE RANGE EGGS * 5.75

Your choice of two fillings– ham, cheese, onion, tomato or mushroom, served with a side salad. If you prefer bread and butter just let us know.

ADD SOME CRUSTY BREAD TO YOUR ORDER 0.75