**MORNING**

**Real Ideas Breakfast**  
Boiled egg, toast, Montgomery Cheddar, Kingston preserves and granola served with a cup of tea or filter coffee  
£6.00

**Toast and Preserves (Vg)**  
Bread lovingly made with ancient and local grain, toasted to perfection  
£2.50

**Granola with Yoghurt and Poached Apricots (Vg option available)**  
Handmade granola served with yoghurt and earl grey and orange blossom poached apricots  
£4.50

**Boiled Eggs on Toast**  
A breakfast classic, simple and delicious  
**Add Montgomery Cheddar**  
+0.50

**Miso Baked Beans on Toast (Vg)**  
Baked beans with a delicious twist  
**Add Montgomery Cheddar or a soft boiled egg**  
+0.50

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**AFTERNOON**

**Montgomery Cheddar and Pickled Guindilla Chilli Toastie**  
Served with Kingston chilli jelly  
£5.00

**Bread Roll with Cheese and Cornichons**  
Rich cheese, tangy cornichons and delicious bread  
£4.50

**Roll with Pepper, Pickled Chilli, Cucumber and Aioli (Vg)**  
Locally sourced bread roll with roasted peppers and vegan aioli  
£4.50

**Lentil and Lemon Soup (Vg option available)**  
Homely and nourishing, served with a slice of local bread and a dash of yoghurt  
£5.00

**Chickpea Salad (Vg)**  
A fresh and filling lunch, a balance of hearty chickpeas and fresh salad  
**Add feta cheese**  
+0.50

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**COFFEE**

**Origin Coffee Roasters**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double Espresso</td>
<td>£2.20</td>
</tr>
<tr>
<td>Americano</td>
<td>£2.50</td>
</tr>
<tr>
<td>Flat White</td>
<td>£3.20</td>
</tr>
<tr>
<td>Latte</td>
<td>£3.20</td>
</tr>
<tr>
<td>Cappuccino</td>
<td>£3.20</td>
</tr>
<tr>
<td>Hot Chocolate</td>
<td>£3.30</td>
</tr>
<tr>
<td>Mocha</td>
<td>£3.50</td>
</tr>
<tr>
<td>Pot of tea</td>
<td>£2.90</td>
</tr>
<tr>
<td>Mug of tea</td>
<td>£2</td>
</tr>
<tr>
<td>Iced Latte</td>
<td>£3.20</td>
</tr>
</tbody>
</table>

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**SOFT DRINKS**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sparkling Cornish Orchards Can</td>
<td>£2.35</td>
</tr>
<tr>
<td>Coke</td>
<td>£1.50</td>
</tr>
<tr>
<td>Lemonade</td>
<td>£1.50</td>
</tr>
<tr>
<td>Cawston Press Apple and Mango carton</td>
<td>£1.50</td>
</tr>
<tr>
<td>Cawston Press Apple and Pear carton</td>
<td>£1.50</td>
</tr>
<tr>
<td>Frobishers Orange Juice</td>
<td>£2.00</td>
</tr>
<tr>
<td>Frobishers Apple Juice</td>
<td>£2.00</td>
</tr>
</tbody>
</table>

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For a full list of allergens, please speak to a member of the team who will be happy to help.
**KIDS MENU**

**SOLDIERS**
Delicious soldiers of white bread served with one of the following:

- Jam (Vg)  £2.00
- Soft Boiled Egg  £2.25
- Beans (Vg)  £2.25
- Cheddar  £2.25

**SANDWICHES**

- Cheddar Cheese Sandwich  £3.00
- Cheddar Cheese and Cucumber Sandwich  £3.00
- Houmous and Red Pepper Sandwich (Vg)  £3.00

**SAVOURY SNACKS**

- Marmite, Cheddar & Chive Scones  £2.25
- Sweet Onion & Cheddar Muffins  £2.50

**TOASTIES**

- Cheddar Cheese Toastie  £3.00

**SOFT DRINKS**

- Cawston Press Apple and Mango carton  £1.50
- Cawston Press Apple and Pear carton  £1.50
- Frobishers Orange Juice  £2.00
- Frobishers Apple Juice  £2.00
- Babycino  £0.50
- Hot Chocolate  £2.50

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