

## MORNING

<b>Real Ideas Breakfast</b>	<b>£6</b>
<i>Boiled egg, toast, Montgomery Cheddar, Kingston preserves and granola</i>	
<b>Toast and Preserves (Vg)</b>	<b>£3.50</b>
<i>Bread lovingly made with ancient and local grain, toasted to perfection</i>	
<b>Granola with Yoghurt and Earl Grey and Orange Blossom Poached Apricots (Vg option available)</b>	<b>£4.50</b>
<i>Hearty handmade granola, roasted locally</i>	
<b>Boiled Eggs on Toast</b>	<b>£5</b>
<i>A breakfast classic, simple and delicious</i>	
<i>Add Montgomery Cheddar</i>	<b>+£1</b>
<b>Miso Baked Beans on Toast (Vg)</b>	<b>£6</b>
<i>Baked beans with a delicious twist</i>	
<i>Add Montgomery Cheddar or a soft boiled egg</i>	<b>+£1</b>

## AFTERNOON

<b>Montgomery Cheddar and Pickled Guindilla Chilli Toastie</b>	<b>£6.50</b>
<i>Served with Kingston chilli jelly</i>	
<b>Bread Roll with Cheese and Cornichons</b>	<b>£5.50</b>
<i>Rich cheese, tangy cornichons and delicious bread</i>	
<b>Roll with Pepper, Pickled Chilli, Cucumber and Aioli (Vg)</b>	<b>£5.50</b>
<i>Locally sourced bread roll with roasted peppers and vegan aioli</i>	
<b>Lentil and Lemon Soup (Vg option available)</b>	<b>£6</b>
<i>Homely and nourishing, served with a slice of local bread and a dash of yoghurt</i>	
<b>Chickpea Salad (Vg)</b>	<b>£7.50</b>
<i>A fresh and filling lunch, a balance of hearty chickpeas and fresh salad</i>	
<i>Add feta cheese</i>	<b>+£1</b>

## COFFEE

Origin Coffee Roasters

<b>Double Espresso</b>	<b>£2.95</b>
<b>Americano</b>	<b>£2.95</b>
<b>Flat White</b>	<b>£3.50</b>
<b>Latte</b>	<b>£3.50</b>
<b>Cappuccino</b>	<b>£3.50</b>
<b>Hot Chocolate</b>	<b>£3.50</b>
<b>Mocha</b>	<b>£3.95</b>
<b>Pot of tea</b>	<b>£3.30</b>
<b>Mug of tea</b>	<b>£2</b>
<b>Iced Latte</b>	<b>£3.95</b>

## SOFT DRINKS

<b>Sparkling Cornish Orchards Can</b>	<b>£2.50</b>
<b>Coke</b>	<b>£2</b>
<b>Lemonade</b>	<b>£2</b>
<b>Cawston Press Apple and Mango carton</b>	<b>£2</b>
<b>Cawston Press Apple and Pear carton</b>	<b>£2</b>

## KIDS MENU

### SOLDIERS MENU

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

<i>Jam (Vg)</i>	<b>£3</b>
<i>Soft Boiled Egg</i>	<b>£3</b>
<i>Beans (Vg)</i>	<b>£3</b>
<i>Cheddar</i>	<b>£3</b>

### SANDWICHES

<i>Cheddar Cheese Sandwich</i>	<b>£3.50</b>
<i>Cheddar Cheese and Cucumber Sandwich</i>	<b>£3.50</b>

### TOASTIE

<i>Cheddar Cheese Toastie</i>	<b>£3.50</b>
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## DRINKS

<i>Cawston Press Apple and Mango carton</i>	<b>£2</b>
<i>Cawston Press Apple and Pear carton</i>	<b>£2</b>

<i>Babycino</i>	<b>£0.50</b>
<i>Hot Chocolate</i>	<b>£2.50</b>

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For a full list of allergens, please speak to a member of the team who will be more than happy to help.