

Real Ideas Breakfast Plate	£6.00
<i>Boiled egg, toast, granola & yoghurt, Montgomery Cheddar and a choice of preserves</i>	
Blueberry Granola (Vgo)	£4.50
<i>Mixed fruit granola topped with blueberries & yoghurt</i>	
Toast and Preserves (Vgo)	£3.50
<i>Heyl Bakery local sourdough, toasted to perfection</i>	
Boiled Eggs on Toast	£5.00
<i>A breakfast classic, simple and delicious</i>	
<i>Add Montgomery Cheddar £1.00</i>	
Spicy Miso Baked Beans on Toast (Vgo)	£6.00
<i>Baked beans with a delicious twist</i>	
<i>Add Montgomery Cheddar or a soft boiled egg - £1.00 each</i>	
Montgomery Cheddar Toastie with a choice of filling:	£6.50
<ul style="list-style-type: none"> • <i>Pickled chillies, or</i> • <i>Pink pickled onions, or</i> • <i>Marmite</i> 	
<i>Served with a mixed side salad</i>	
Heyl Bakery Sourdough Roll with Cheese and Cornichons	£5.50
<i>Rich cheese, tangy cornichons and delicious bread</i>	
Heyl Bakery Sourdough Roll with Falafel and Houmous (Vgo)	£5.50
<i>Delicious roll, filled with falafel, houmous, cucumber, peppers, tahini, rocket & mixed salad</i>	
<i>Add sweet chilli jam £1</i>	



Red Lentil and Coconut Dhal (Vgo) £6.50

Lightly spiced, warming lentil dahl topped with pink pickled onions - served with a slice of local Heyl Bakery sourdough bread

Lentil and Lemon Soup (Vgo) £6.00

Homely and nourishing, served with a dollop of yoghurt and a slice of local Heyl Bakery sourdough bread

Falafel Salad (Vg) £7.00

Crispy falafel nestled on fresh greens, cucumber, peppers & houmous, garnished with coriander and drizzled with tahini - served with a side of chilli jam

CHILDREN'S MENU

Real Ideas Picnic Plate £3.50

Houmous, falafel, veggie sticks and bread sticks

Cup of Soup £3.50

A cup of our soup of the day, served with local bread and butter

Cheese Toastie £3.50

Things on Toast £3.00

Choose from beans, soft boiled egg, jam or cheese

(Vg) - Vegan
(Vgo) - Vegan option available

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



ORIGIN COFFEE

Double espresso as standard

Double Espresso	£2.95
Americano	£2.95
Flat White	£3.50
Latte	£3.50
Cappuccino	£3.50
Hot Chocolate	£3.50
Mocha	£3.95
Pot of tea	£3.30
Mug of tea	£2.00
Iced Latte	£3.95

SOFT DRINKS

Sparkling Cornish Orchards Cans	£2.50
<i>English Apple, Apple & Rhubarb, Elderflower & Sicilian Lemonade</i>	
Coke & Diet Coke	£2.00
Lemonade	£2.00
Cawston Press Cartons	£2.00
<i>Apple & Pear, Apple & Mango, Apple & Summer berries</i>	
1/2 Pint Milk (Dairy/Oat/Soya)	£1.25