

Breakfast Menu - served until 11.30am

Breakfast Smoothie blended fat-free frozen yogurt, raspberries and crunchy granola	£3.50
Real Fruit Smoothies (coconut and pineapple); (strawberry, papaya and peach); (kale, lemon grass, mango and banana)	£3.50
Porridge prepared with milk and sugar, served with a homemade berry compôte	£2.50
Granola with Greek yogurt and homemade berry compôte	£2.50
Toast white or brown buttered toast served with jams and spreads	£2.00
Boiled Eggs and Soldiers soft yolk boiled eggs served with hot buttered soldiers	£3.50
Breakfast Omelette two egg omelette with cheese, mushrooms and ham	£3.50
Breakfast Ciabatta toasted ciabatta with up to three of the following: crispy bacon, mushrooms, fried egg, sausage or tomato	£5.30

Served after 11.30am

Hot Ciabattas

Garlic Ciabatta	£3.10
Cheesy Garlic Ciabatta	£3.30
Ham & Cheese toasted garlic ciabatta with ham and melted cheese	£5.20
Mushroom & Cheese toasted garlic ciabatta with mushrooms and onions, topped with melted cheese	£5.20
Roasted Med Veg & Goats Cheese toasted garlic ciabatta with roasted Mediterranean vegetables topped with melted goats cheese	£5.20
Tuna Melt toasted garlic ciabatta with tuna mayo and melted cheese	£5.20
Chorizo Melt toasted garlic ciabatta with chorizo and melted cheese	£5.20
Prawn & Cheese toasted garlic ciabatta with prawns, melted cheese and salad	£6.20
BLT toasted ciabatta with crispy bacon, lettuce and tomato	£5.20
Bacon & Cheese toasted ciabatta with crispy bacon and melted cheese	£5.20
Bacon & Mushroom toasted ciabatta with crispy bacon, mushrooms and onions	£5.20
Big Breakfast toasted ciabatta with crispy bacon, fried egg and mushrooms	£5.30
Bacon, Brie & Cranberry toasted ciabatta with crispy bacon, melted brie and cranberry sauce	£5.20
Sausage & Caramelised Onions toasted ciabatta with locally-made pork sausages and caramelised onions	£5.20

Soups, Salads, Quiches and Jackets

Homemade Soup see our specials board, served with buttered, granary or white baguette	£4.20
Salad Box three of our homemade, seasonal, fresh daily salads (see our specials board) with mixed leaves	£5.50
Jacket Potatoes served with a dressed salad garnish and your choice of grated cheddar cheese, baked beans, tuna mayo or prawn mayo (£5.40)	£4.50
Homemade Quiche individual tartlets served hot or cold; see our specials board for today's options	£3.50
Homemade Quiche & Salad served with a variety of our daily fresh salads	£5.50

Freshly Cut Baguettes

White or granary baguette with mixed leaves,
tomato, cucumber and served with:

Cheddar Cheese	£4.50
Ham	£4.50
Tuna Mayo	£4.50
North Atlantic Prawns & Mayo	£5.50

Kid's Food

White or brown bread sandwich with cheese, ham or tuna (please let us know if you'd like tomato or cucumber)	£2.50
Kid's salad pot choose one of our daily, seasonal salads	£2.00

Extras

Add extra cheese, bacon, ham or tuna mayo to your ciabatta, baguette or salad box	£1.00
Salad pot choose one of our daily seasonal salads	£2.00

Homemade Cakes

£2.80
Please see our cake display for daily specials,
including many vegan, gluten and dairy-free
options

Drinks

Tea	£1.30
Speciality Teas Earl Grey; Green Tea; Camomile; Peppermint; Rooibos (Red Bush Tea); Lapsang Suchong; Chai (Please ask for fruit teas and full list)	£1.50
Hot Chocolate a chocolatey, frothy, milky hot drink dusted with chocolate	£2.00
Belgian Hot Chocolate solid Belgian chocolate lolly melted into steamed milk	£2.30
Chai Latte sweet tea, milk & exotic spices	£2.00
Mocha espresso and frothy chocolate dusted with chocolate	£2.00
Coffee we serve a selection of bean-to-cup espresso coffees	£2.00
(all hot drinks are available with soya or rice milk)	
Real Fruit Smoothies Coconut Crush coconut milk and pineapple Strawberry Delight strawberry, peach and papaya Veggie Smoothie kale, lemon grass, mango and banana	£3.50
Selection of cold drinks	from £0.80

Please ask us for our allergies menu

Take a look at our boards for the full range of Swanpool Beach Quirky Ice Creams, Callestick Farm Cornish Dairy Ice Creams and our selection of lollies