

PLEASE ORDER
AT THE COUNTER
& FEEL FREE TO SET UP
A TAB WITH US

SLICE

OF CORNWALL

PLEASE SPEAK TO OUR TEAM
BEFORE ORDERING IF YOU
HAVE ANY ALLERGIES
OR INTOLERANCES

LUNCH

12-3.30

FLATBREADS

ON OUR OWN SCRATCH MADE SOURDOUGH BASE
ALL MADE TO ORDER

QUEEN MARGHERITA V GFO

TOMATO, MOZZARELLA, CHEDDAR, OREGANO 8

TATTIANNA V GFO N

MOZZARELLA, ALMOND PESTO, KATA OLIVES 9

THE KIG GFO

PAPRIKA CHORIZO, EXTRA MATURE CHEDDAR,
CHILLI JAM, SURFINE CAPERS 9.5

FOUR KEUS V GFO

MOZZARELLA, MATURE CHEDDAR
CORNWICH BRIE, CORNWICH BLUE 9.5

AMETHI V GFO

GOATS CHEESE, RED ONION, CHILLI OIL,
RED ONION MARMALADE 9

TALLULAH V GFO

GRIDDLED FIELD MUSHROOM, CORNWICH BLUE
TRUFFLE OIL, MOZZARELLA, PORCHINI SALT 9

MYFAWNY GFO

OUR HOUSE ROASTED HAM, PINAPPLE JAM,
MOZZARELLA, WILD ROCKET, MIZUNA 9.5

LAMORNA V GFO N

NUDE BASE, CORNWICH NEW POTATOES,
MOZZARELLA, CORNWICH BLUE,
ALMOND & LEMON GREMOLATA 9

THE MARNER GFO

CORNWICH SMOKED MACKEREL
MATURE CHEDDAR, WILD ROCKET, MIZUNA 10

LOSOW V GFO

BEETROOT, SOFT CHEESE, CHILLI FLAKES
WILD ROCKET, MIZUNA 9

SKIN ON CHIPS 3.50 V+ GF

KALAMATA OLIVES 3.50 V+ GF

RAW SLAW 3 V+ GF

GREEN SIDE SALAD 3.50 V+ GF

CORNWICH CREAM TEA V

TWO OF OUR OWN BUTTER SCONES
TREWITHEM CLOTTED CREAM
TIPTREE STRAWBERRY JAM

SLICE CHEESE TEA V

TWO OF OUR OWN CHEESE SCONES
CORNWICH BLUE OR MATURE CHEDDAR
APPLE & CIDER CHUTNEY
REDCURRANT CHILLI JAM

& ANY HOT DRINK FOR ONE 6.75

HELTFORD BURGER GFO

HELTFORD BEEF, EXTRA MATURE CHEDDAR, MUSTARD,
CIDER CHUTNEY, LITTLE GEM, RED ONION,
TOMATO & GHERKINS IN BAKER TOMS BRIOCHE BUN
W/ RUSTIC CHIPS & RAW SLAW 10.5

UPGRADE TO CORNWICH BLUE 1

ADD BACON 2

STORMY SEAS

SMOKED HADDOCK & CORNWICH CHEDDAR
FISHCAKE, MUSHY PEAS & AIOLI,
LITTLE GEM, TOMATO, GHERKINS & RED ONION
IN A BAKER TOMS BRIOCHE BUN
W/ RUSTIC CHIPS & RAW SLAW 9.8

FIELD & FURROW V+

100% VEGAN BURGER,
CHILLI JAM & DUKKAH SPICED HUMMUS,
LITTLE GEM, TOMATO, ONION IN A CIABATTA BUN
W/ RUSTIC CHIPS & RAW SLAW 9.5

OLD SCHOOL HAM, EGG & CHIPS GF

MARMALADE + BROWN SUGAR GLAZED ROAST HAM
FREE RANGE ST EWE EGGS & RUSTIC CHIPS 9.5

LOWEN [HAPPY BOWL] GF V+ N

CHARRED AVOCADO, MUSTARD CRESS,
DUKKAH HUMMUS, KIMCHI,
CAULIFLOWER, CASHEW,
PLANT YOGHURT, KING SOBA BLACK RICE NOODLES,
NIGELLA, TAHINI MISO, LIME 10.8

GLAS DUWES GF V

TWO SPICED ROSTIS, GARLIC SPRING GREENS,
ST EWE POACHED EGGS,
CHARRED LIME & PEA SHOOTS 8.5

SANDWICHES

CORNWICH SALT BEEF GFO

OUR OWN HOUSE BRINED SALT BEEF,
RED & WHITE SAUERKRAUT,
PICKLES & MUSTARD 8.5

CHEESE DOORSTOP V GFO

MATURE CHEDDAR, APPLE CIDER CHUTNEY,
BABY LEAF, LOLLO VERDE 6.5

THE FAVEN V+ GFO

SMASHED AVOCADO, SUMAC HUMMUS, SESAME,
MUSTARD CRESS, OUR CHILLI JAM,
WHITE SAUERKRAUT,
CUCUMBER, BABY LEAF, PLANT YOGHURT 7

MARMALADE GLAZED HAM GFO

OUR MARMALADE GLAZED HAM,
PINEAPPLE & CRACKED BLACK PEPPER CHUTNEY,
LOLLO VERDE, BABY LEAF, GHERKINS,
OUR CHILLI JAM 7.5

PREFER ANY OF THE SANDWICHES AS A SALAD?
WE CAN DO IT! JUST ASK WHEN ORDERING GF