

Coffee

The first 100% regenerative organic coffee in the UK, delivered under sail, roasted in the UK.

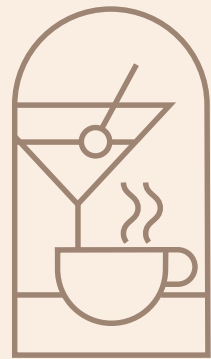
	Regular	Large
Americano	£3.50	£3.80
Caffè latte	£3.50	£4.00
Cappuccino	£3.50	£4.00
Flat White	£3.80	
Hot Chocolate	£4.00	£4.55
Mocha	£4.00	£4.55
Matcha	£3.80	
Iced Matcha	£4.15	
Iced Latte	£4.15	
Iced Americano	£3.80	
Iced Chocolate	£4.25	
Macchiato (single shot)	£3.20	
Macchiato (double shot)	£3.60	
Long Black	£3.50	
Espresso (single shot)	£3.00	
Espresso (double shot)	£3.40	
Milk Alternatives: Soya, Coconut, Almond & Oat	Complimentary	
Shot of Syrup: Caramel, Hazelnut, Vanilla, Chai	£0.75	
Sugar-Free: Caramel, Vanilla		£0.75

Tea by Tregothnan Estate

£3.10

Britain’s first homegrown tea hand-picked in Cornwall.

English Breakfast | Earl Grey | Green Tea | Peppermint | Red Berry | Lemon Verbena



Breakfast Sandwiches (Hot or Cold)

5.00

- Ham & Cheese Croque Monsieur
- Cheese & Mushroom Croque Monsieur (V)
- Breakfast Bacon Roll
- Breakfast Sausage Roll

Pots (Selection of daily pots available in grab-and-go fridge)

4.00

- Bircher Muesli, Mixed Fruit & Shaved Coconut (V)
- Chia Pudding, Mango & Blueberries (V)

Cakes & Bakes

Selection of cakes and pastries available at the counter

Focaccia

6.00

- Italian Prosciutto & Salami
- Sun-blushed tomatoes and basil pesto*
- Contains: gluten, egg, mustard, meat, nuts, dairy

Wraps

4.95

- Bombay Potato & Spinach (V)
- Pickled onion and lime mayonnaise*
- Contains: gluten, egg, mustard
- Smoked Salmon
- Dill mayonnaise, egg and pickle*
- Contains: gluten, egg, mustard, fish

Grilled Sandwiches

7.50

Honey Roast Ham & Swiss Cheese
English mustard mayonnaise
Contains: gluten, meat, egg, mustard, dairy

Turkey Meatballs
Tomato sauce, basil and mozzarella
Contains: gluten, egg, mustard, meat, dairy

Roast Aubergine (V)
Lime pickle and coriander yogurt
Contains: gluten, egg, mustard, dairy

Soups

4.95

Tomato, White Bean & Rosemary Soup (VG)

Cream of Spinach & Potato Soup (V)
Contains: dairy

Salad Pots

The Mixed Bowl (VE) 6.00
Mixed leaves, cucumber, cherry tomatoes, radish, grated carrot, shredded cabbage, red onion, pumpkin seeds and vinaigrette

Aubergine & Harissa Box 7.90
An aubergine and chickpea compote with garlic and harissa, coriander yoghurt, zingy lime couscous, plum tomatoes and raisins
Contains: gluten, dairy

Roast Salmon Box 9.60
Roasted salmon fillet with a zingy couscous, cumin cauliflower, pickled cucumber, edamame beans and toasted seeds
Contains: fish, sesame, gluten

Jerk Chicken Box 9.45
Spiced jerk chicken with coconut brown rice, kidney beans, pickled cucumber, red onion and feta
Contains: meat, dairy

Savouries & Small Plates

Mozzarella Sticks with Sweet Chilli Jam 3.95
Tomato & Cottage Cheese Savoury Lattice 3.50
Chicken Filo Pastry Roll with Sour Cream & Chive Dip 3.50
Sausage & Apple Roll with Chutney 6.00

For allergens, please ask your server | (V) Vegetarian (VE) Vegan (GF) Gluten-free
We also have an extended grab-and-go range, see display or ask your host for more information.

Soft Drinks

Served all day

Belu Still/Sparkling Water	1.50
Diet Coke / Coca-Cola Zero Sugar	1.85
Coca-Cola Original Taste	1.95
Fanta	1.85
7Up	1.85
Juices (orange, apple, cranberry)	1.85
San Pellegrino (assorted flavours)	1.95
Jax Coco Coconut Water	2.50
Huel Daily A-Z Vitamin Drink (assorted flavours)	2.50
Charitea (assorted flavours)	3.00
Barebells Protein Milkshake (assorted flavours)	3.25
Flawsome! Cold-Pressed Juice Bottle (assorted flavours)	3.50
Moju Ginger Shot	3.50

Rotating selection of soft drinks, juices, and seasonal refreshments. See fridge for availability

Wine

Sparkling

	125ml	Bottle	Takeaway
Sant’Orsola Prosecco (Italy)	6.00	30.00	22.00
Crémant d’Alsace Rosé, NV (France)	7.50	40.00	28.00
Ma Maison Blanquette de Limoux Brut (France)	7.50	40.00	28.00

Rosé

	125ml	175ml	Bottle	Takeaway
Cantina Borga Raboso Rosé (Italy)	6.00	8.00	30.00	22.00
La Belle Éternelle Rosé Languedoc (France)	6.50	8.50	32.00	22.50

White

	125ml	175ml	Bottle	Takeaway
Bodegas De Alberto Sauvignon Blanc 2023 (Spain)	4.50	6.00	22.00	18.00
Helenental Kellerei Hallodri Grüner Veltliner 2023 (Austria)	5.50	7.50	26.00	18.00
Blackwater Underdog Chenin Blanc 2025 (South Africa)	5.00	6.50	24.00	18.00
Portenova Pinot Grigio Veneto (Italy)	5.50	7.50	28.00	20.00
The Wattle Chardonnay ‘The Impressionist’ (Australia)	5.50	7.50	28.00	20.00

Red

	125ml	175ml	Bottle	Takeaway
Cantine Borga Piave DOC Malbec 2023 (Italy)	4.00	6.00	22.00	17.00
Côtes du Rhône Gigonan 2024 (France)	6.00	8.00	25.00	19.50
Hamilton Heights Shiraz (Australia)	6.50	8.50	29.50	20.50
Fleurs de Terre (France)	6.50	8.50	29.50	20.50
Blackwater Terra Lux Pinot Noir 2022 (South Africa)	7.00	8.50	28.00	22.00
Domaine de l’Amandine Mistral Côtes du Rhône (France)	7.50	10.50	37.50	26.00
Château Monbrison M de Monbrison Bordeaux 2016 (France)	8.00	11.00	42.00	29.00

Beer

Peroni Nastro Azzurro, 330ml 5%	5.50
Leffe Blonde, 330ml 6%	6.00
Asahi Super Dry Lager, 330ml 5%	5.50
Peroni Nastro Azzurro, 330ml 0.0%	4.50

Cocktails

13.00

French 75	
<i>Gin, prosecco, lemon and sugar syrup, served in a champagne flute</i>	
Negroni	
<i>Equal parts gin, Campari and sweet vermouth, served over ice with an orange slice</i>	
Espresso Martini	
<i>Vodka, Kahlúa, espresso and sugar syrup, shaken and served in a martini glass</i>	
Cosmopolitan	
<i>Vodka, Cointreau, cranberry juice, sugar syrup and lime, shaken and served in a martini glass</i>	
Old Fashioned	
<i>Bourbon, Angostura bitters and sugar, stirred and served over ice</i>	
Aperol Spritz	
<i>Aperol, prosecco and soda water, served over ice with an orange slice</i>	

Mocktails

8.00

Virgin Mojito	
<i>Apple juice, lime juice, fresh mint, brown sugar and soda water, served over ice</i>	
Botanical Citrus Spritz	
<i>Fresh orange, lemon, elderflower and sparkling soda, finished with orange and mint</i>	
Green Garden Cooler	
<i>Crisp cucumber, apple juice, lime and mint topped with sparkling soda</i>	
Tropical Sunrise	
<i>A tropical blend of pineapple and orange juice with a splash of grenadine</i>	

Aperitifs, Liqueurs and Fortified Wines	25ml	50ml
Martini Rosso ^{15%}	3.00	5.00
Kahlúa ^{16%}	4.00	7.00
Cointreau ^{40%}	4.00	7.00
Aperol ^{11%}	4.00	7.00
Campari ^{25%}	4.00	7.00

Vodka	25ml	50ml
Stolichnaya ^{40%}	4.00	7.00
Connie Glaze Vodka ^{40%}	4.00	7.00

Gin	25ml	50ml
Beefeater Gin ^{40%}	4.00	7.00
Sipsmith Sloe Gin ^{29%}	5.50	10.00

Rum	25ml	50ml
Havana Club Rum 3 Year Old ^{37.5%}	4.00	7.00
Diplomatico Reserva Exclusiva ^{40%}	5.50	10.00
Appleton Estate Signature Blend Rum ^{40%}	6.00	11.00

Tequila	25ml	50ml
Espolon Blanco ^{40%}	5.00	9.00
Patron Reposado Tequila ^{40%}	6.00	11.00

Whiskey and Scotch	25ml	50ml
Jim Beam ^{40%}	4.00	7.00
Glenfiddich ^{40%}	5.00	9.00