

FOOD MENU

WIFI

RealIdeas - Members
R10Members!

Porridge £6

Topped with berries & flaked almonds

Toast and Preserves £5.25

Jam, marmalade, or marmite

Soft Boiled Eggs on Toast £6.95

Add cheddar cheese: £1.15

A selection of pastries
and cakes available
every day

Red Lentil and Coconut Dhal (Vg & GF) £9.25

Lightly spiced lentil dahl - served with butter & Heyl Bakery
sourdough

Soup of the Day (Vg & GF) £8.25

Served with butter & Heyl Bakery sourdough

Mature Cheddar Toastie with a Choice of Filling £8.75

Served with salad & vegan coleslaw

- Jalapeños
- Pink Pickled Onions
- Red Onion Chutney
- Marmite

Vegan butter & gluten-
free bread available

Savoury Cheese Scone £7.50

Served with mature cheddar, salad, butter, and either chilli jam
or onion chutney

Please let staff know about
any allergies or dietary
requirements upon ordering

DRINK MENU

Double Espresso	£3.25
Americano	£3.25
Latte	£4.35
Hot Chocolate	£4.65
Mocha	£4.65
Matcha Latte	£4.65
Chai Latte	£4.65
Dirty Chai Latte	£4.95
Make it Iced! + 10p	
Make it Large + 40p	
Cappuccino	£4.35
Flat White	£4.25
Pot of Loose Leaf Cornish tea	£3.95
Green, Mint, Lemon & Ginger, Camomile, Berry, Passionfruit & Orange, Cornish Breakfast, Earl grey & Decaf	
Mug of tea	£2.35
English Breakfast, Earl Grey and Decaf	
<hr/>	
San Pellegrino	£3.25
Lemon, Lemon and Mint, Blood Orange, Orange & Pomegranate	
Coke Can	£2.95
Diet Coke Can	£2.75
Cawston Press Carton	£2.35
Apple & Pear, Apple & Mango	
Glass of Milk (Dairy/Oat)	£1.75
Still & Sparkling Water	£2.50
Folkington's Juice	£2.75
Orange, Cloudy Apple	£3.25
Kids Milkshake - With squirty cream	
Strawberry, Chocolate, Vanilla, Banana	

Please let staff know about
any allergies or dietary
requirements upon ordering