



ISLAND CAFE

Please order food and drinks at the counter
Breakfast served 9:30-11am | Lunch served 12-3:30pm

BREAKFAST

Breakfast served
9.30-11.00am

TOASTED TEACAKE (V)

Salted butter
2.35

BACK BACON SANDWICH

Smoked back bacon, granary bread
4.25

FRESHLY BAKED PASTRIES

Please see counter
from **2.35**

Hot drinks and cakes
served all day

CREAM TEA

Two scones, Cornish clotted
cream & Cornish jam
served with tea or filter coffee

6.25

CAKES & BAKES

Please see the counter for today's
selection of fresh cakes & pastries.

SPECIAL DIETARY REQUIREMENTS: If you have any special dietary requirements
or any queries about allergens, please speak to a member of staff.

Lunch Served from 12-3:30pm

LIGHT LUNCHES

Please see our blackboard
for our daily special

HOMEMADE SOUP OF THE DAY
with granary bread
6.25

PASTIES

Our pasties are hand crimped
in Redruth

Cornish steak **4.95**

Cheese and onion (V) **4.95**

Vegan vegetable pasty **4.95***

*Please allow 1 hour cooking time

LITTLE ONES

KIDS LUNCH BAG 5.95

Ham or cheese roll, crisps & fruit

CHEESY PENNE (V) 5.95

Penne pasta, mature cheddar

All Little Ones meals served with
a carton of orange or apple juice

SANDWICHES†

Served on granary bread with
seasonal side salad and salted crisps

COUNTRY HAM

Thickly sliced baked ham with grain
mustard and lettuce
6.35

CHEESE AND CHUTNEY (V)

Mature cheddar with onion chutney
and lettuce
6.25

CORNISH CRAB

Freshly picked Cornish crab meat
9.95

CHICKEN CLUB

Roasted chicken, ham, tomato,
mayonnaise and lettuce
6.75

WRAPS†

Served with seasonal side salad
and salted crisps

ROAST CHICKEN CAESAR

Roasted chicken breast with smoked
bacon, Caesar dressing and lettuce
6.95

SPICY BEAN

Spicy mixed bean salad with red onion,
tomato, mint and roasted garlic aioli
6.95

LUNCH

†A gluten-free bread option is available for all sandwiches and wraps - please ask when ordering

SANDWICHES AND WRAPS

Served with seasonal side salad

VEGAN CHEDDAR SANDWICH (V)

Onion chutney, leaves
6.25

VEGAN CLUB SANDWICH

Vegan cheddar, tomato,
mayonnaise, onion, leaves
6.50

VEGAN SPICY BEAN WRAP

Spicy mixed bean salad, red onion,
tomato, vegan mayonnaise
6.75

SOUP OF THE DAY

with Granary bread. Please check
the specials board for details
6.25

ANN'S VEGAN PASTY*

Ann's pasties use seasonal
root vegetables and are hand
crimped in Helston.

*1 hours notice required

4.95

SEASONAL VEGAN SALAD

Please check the specials
board for details
7.25

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or any queries about allergens, please speak to a member of staff.

VEGAN MENU

HOT DRINKS

Filter coffee		2.35
Espresso	Single 2.00	Double 2.30
Americano		2.55
Flat White		2.70
Latte / Cappuccino		2.95
Chai latte		2.95
Syrup shots		.50
Mocha		3.25
Hot Chocolate		3.25
add cream & marshmallows		.50
Pot of tea		1.95
Herbal teas		2.25
Earl Grey / Peppermint / Green / Mixed Berry		

SOFT DRINK

Coke / Diet Coke		1.95
San Pellegrino		2.20
Lemon and Mint / Blood Orange		
Polgoon Juices		2.95
Apple / Elderflower / Cloudy Lemonade		
Can-O-Water Still / Sparkling		1.60
Kids Juice Cartons Apple / Orange		1.30

CORNISH LAGER

St Ives Brewery Golden Lager 4% 330ml bottle	4.50
Sharps Offshore Pilsner 5.2% 330ml can	4.50

CORNISH CIDERS

Polgoon Elderflower Cider 500ml	4.95
Polgoon Apple Cider 500ml	4.95

CRAFT AND CASK ALES

St Ives IPA 5% 500ml bottle	4.95
St Ives Boilers 5% 500ml bottle	4.95
Camden Pale Ale 5% 330ml can	4.50
Bad Co Summer Breeze 4.5% 330ml can	4.50

DRINKS