



Our food at the Apple Tree Café is freshly prepared & locally sourced from Cornwall & the West Country

## Breakfast 10 to 11.45am

**The Pensos** £6.50

Sausage, bacon, fried egg, baked beans, hash brown & toast

**The Vegetarian** £7.50 V

2 quorn sausages, fried egg, baked beans, hash brown & toast

**The Vegan** £7.50 V,VE

2 vegan sausages, tomatoes, baked beans, hash brown & toast

**Grilled Bacon Sarni** £5.00

(granary or white bread)

**On Toast** (granary or white) £4.50 V

Scrambled Egg or Baked Beans

**Toast** (granary or white) £2.50 V,VE\*

with either marmalade, jam or honey (\*no butter)

**Nut Granola & Natural Yoghurt** £4 V

with an apple & blackcurrant compote

**Cinnamon Porridge** £4 V

with milk & honey

## Sandwiches (on granary or white)

### Fresh from the Kitchen & Sea

**Cornish Brie** £6.50 V

with wild rocket & caramelised onion marmalade

**Warm Chicken and Bacon** £7

with our spicy mayonnaise

**Seriously Cornish Crab** (when available) £12

with wild rocket & lemon mayonnaise

**Tuna Mayonnaise & Cucumber** £4.50

**Ham off the Bone & Cornish Cheddar** £5.50

with apple & courgette chutney

**Homemade Cakes** from £2.95

see our cake cabinet on the bar, or ask our staff

**Cornish Cream Tea** £6

2 freshly baked scones, strawberry jam, Trewithen Dairy clotted cream & a pot of tea

**TREWITHEN DAIRY**

HAPPY HEALTHY CORNISH COWS

## Real Dairy Ice Cream



Ice Cream - £1.95  
Pop Lollies - £1.55

See blackboard for flavours V, GF, VE

If you have allergen concerns, please let a member of staff know

Free wifi ;) Appletree1

## Lunch from 12pm

**Vegetarian Soup of the Day** (see blackboard) £5 GF

with granary, white or GF bread

**Cornish Crab & Saffron Soup** £7 GF

with granary, white or GF bread

**Fish Cakes - Salmon & Dill or Mild Curry** £7.50 V, GF

with mixed salad & sweet chilli sauce

**Fish & Chips** large £12.35 GF

Cod in homemade batter served with small £8.85

mushy peas & tartare sauce

**Roasted Beetroot, Chickpea & Feta Salad** £10 V, GF, VE\*

with fresh mint & toasted mixed seeds (\*no feta)

**Cornish Pasty** £4.30 V

Steak or Power Veggie (spicy spinach, feta, sweet potato)

## Kids

All meals served with a carton of apple or orange juice

Beans on Toast £4 V

Cheese Sandwich £4 V

Tuna Mayo Sandwich £4

Soup of the Day £4 GF, V

Fish & Chips £5 GF

## Sides

Marinated Olives £2.50 V

Mixed Salad Bowl £3.50 V, VE

Bread & Butter £1.50 V

Chips £2.75 V, GF, VE