

# Breakfast

Served 9.30am - 11.30am

## Full breakfast 15

Sausage, bacon, tomato, mushroom, hash brown, hog's pudding, beans, egg & toasted sourdough (gf\*)

## Vegan breakfast 13

Vegan sausages, chickpea fritters, hash brown, tomato, mushroom, spinach, beans & toasted sourdough (vgn, gf\*)

Add an egg 2

Add extra items 2

## Breakfast rustic roll 8

Brown rustic roll; choose from bacon, sausage, egg or vegan sausage (v\*, gf\*)

Add egg 2

Add extra items 2

## Avocado on toast 10

Smashed avocado, with a hint of lime & chilli, served on toasted sourdough (vgn)

Add poached egg 2

## Toast

White sourdough or wholewheat bloomer (v, gf\*)

With butter

With jam or marmalade 4

With baked beans 6

With 2 eggs, fried, poached or scrambled 6

8

## Dietary symbols

(v) vegetarian / (vgn) vegan /  
(gf) gluten free / (df) dairy free /  
(\* ) available on request

Please make us aware of any allergies or food intolerances before placing your order.

Please have your table number ready to order at the counter

# Lunch

Served 12pm - 3pm

## Soup 8

Please see the specials board for our soup of the day. Served with Da Bara wholewheat bloomer & Cornish butter (gf\*, vgn\*, df\*)

## Salads & small plates

### Chicken Caesar salad 14

Chicken breast, bacon lardons, crispy gem lettuce, croutons, parmesan shavings & Caesar dressing (gf\*, df\*)

### Gravlax salmon & prawn salad 15

Cured salmon in citrus, prawns with cucumber, dressed leaves, marie rose sauce & wholewheat bloomer (gf\*, df)

### Ploughman's lunch 14

Davidstow cheddar, honey-roasted ham, pickled onions, piccalilli, spicy tomato chutney & a wholewheat bloomer (gf\*, df\*)

### Classic Mediterranean salad 13

Cucumber, tomatoes, pepper, olives, chickpeas, turtle beans, spring onions & lemon dressing (gf, vgn)

Add feta (v) 3

## Trebah's famous flans

All our flans are homemade & served with coleslaw & dressed leaves

Choose from **meat** or **vegetarian** flan

Please see our specials board for today's fillings & prices

## Toasted sandwiches

Served in a ciabatta roll with dressed leaves

### Honey roasted ham & Davidstow cheddar cheese 11

### Tuna, mayonnaise & Davidstow cheddar cheese 12.50

### Mediterranean veg, vegan pesto, Davidstow cheddar cheese (vgn\*) 11.50

## Hot sandwiches

Served in a rustic roll or a gluten free roll, with dressed leaves

<b>Battered fish</b>	12
Beer-battered haddock fillet with lettuce, tartare sauce (gf*, df)	
<b>Pulled pork</b>	12
Mixed spice pulled pork with apple sauce (gf*)	
<b>Falafel</b>	12
Falafels with smashed avocado, lime & chilli with lettuce (vgn, gf*)	

## Main plates

<b>Chicken &amp; chorizo paella</b>	18
Chicken & chorizo with fragrant Spanish paella rice & red peppers (gf)	
<b>Open steak sandwich</b>	19
Pan fried sirloin minute steak, sautéed onions, blue cheese sauce & rocket on a toasted ciabatta with skin on chips (gf*)	
<b>Fish &amp; chips</b>	18
Local beer-battered haddock fillet, skin-on chips, garden peas and tartare sauce (gf*, df)	
<b>Halloumi burger</b>	18
Grilled halloumi, mushroom, spiced tomato ketchup & lettuce in a brioche bun with skin on chips (v, gf*)	
<b>Beef burger</b>	18
Beef patty, cheddar cheese, bacon, lettuce & burger sauce in a brioche bun with skin-on chips (gf*, df*)	
<b>Squash gnocchi</b>	16
Roasted squash & gnocchi, cooked in garlic butter with pea shoots (gf, vgn)	
Add blue cheese (v)	3

## Cornish cream tea

Two homemade scones, Rodda's Cornish clotted cream & Halzephron strawberry jam, served with a pot of tea (gf\*)

Upgrade to coffee .75

# Tiny Trebah

Served 12pm - 3pm

<b>Local pork sausage &amp; skin-on chips</b> (df, vgn*)	8
Add peas or beans	1.50
<b>Chicken chunks &amp; skin-on chips</b> (gf, df)	8
Add peas or beans	1.50
<b>Beans on toast</b> (gf*, vgn)	6
Add cheese (v)	2
<b>Fish &amp; chips with peas</b> (gf*, df)	8
<b>Tomato gnocchi &amp; garlic bread</b> (gf, df)	8
<b>Kids lunch bag</b>	8
Please see selection at the counter. Box includes sandwich, Pom Bear crisps, carton of juice, fruit & flapjack.	

## Sides

<b>Potato salad</b> (v)	5
<b>Skin-on chips</b> (vgn, gf)	5
<b>Cheesy skin-on chips</b>	6
Skin-on chips topped with Davidstow cheddar cheese (v, vgn*, gf)	
<b>Messy chips</b>	12
Skin-on chips topped with pulled pork and Davidstow cheddar cheese (gf)	
<b>Side salad</b>	4.50
Mixed leaves, cucumber, grated carrot & house dressing (v, gf)	
<b>Homemade coleslaw</b> (v)	4

## Homemade treats

Please see the counter for today's selection of fresh cakes, slices & biscuits

## Ice cream tubs

Please see the flavours at the counter

**Roskilly's farmhouse**  
**Vibes dairy free** (vgn)